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# The Playground

COMMUNITY  
SERVICE



NO ESCAPE FOR HIM

MARCH  
1920

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# The Playground

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## TABLE OF CONTENTS

The World at Play .....	559
Community Help for Boys and Girls, <i>by O. F. Lewis</i> .....	564
Juvenile Delinquency Decreased by Supervised Recreation ..	571
Community Play in Oakland, California .....	573
The Stockton Commission at Work .....	576
Los Angeles Centers Developing .....	577
Team Play in Augusta, Georgia .....	579
The Community Center and the High Cost of Living .....	580
They Sing, <i>by J. Edward Bouvier</i> .....	582
Federating Industrial Athletics .....	584
Comrades in Play—III. <i>By Abbie Condit</i> .....	586
Make the Most of the Winter .....	600
Special "Days" for the Playground .....	605
Playing to Correct High Blood Pressure .....	606
Physical Education Requirements in Preparatory Schools and Colleges .....	607
The Unity Club Provides Opportunity .....	608
Book Reviews .....	609
Index to Volume XIII .....	611



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# The Playground

Vol. XIII. No 12

MARCH, 1920

## The World at Play

**American Physical Education Association National Convention.**—The National Convention will be held April 7-10, 1920, in New York City. Among the speakers are Dr. John H. Finley, Professor E. L. Thorndike, Professor Irving Fisher, Dr. George E. Vincent, Dr. D. A. Sargent, Dr. Thomas A. Storey and Dr. David Snedden. A pagant, a banquet, and an evening of folk dancing by the delegates under the direction of Elizabeth Burchenal are promised.

**Middle West Section Convention of American Physical Education Association.**—The Middle West Section of the American Physical Education Association will meet in Chicago April 22 to 24, 1920. Visits will be made to schools, playgrounds and other centers of interest to workers in this field. Exhibitions will be given by various Normal schools and Collegiate departments of physical education. Membership and further

information may be secured from Mrs. Lillian Bruce Pendleton, secretary, 248 W. Marquette Road, Chicago, Illinois.

**Recognize Physical Education.**—At the meeting of the Southern Commission on Accredited Schools at Louisville, Ky., a committee was appointed to consider whether Southern colleges should be asked to accept entrance credits for Physical Education done in the high schools; and the committee was asked to define units in this subject. Another committee was appointed to make a similar investigation as to accepting the work now done in high schools in the military training of the Junior R. O. T. C.

**Physical Testing of College Freshmen.**—The Harvard system of physical examination and classification of first-year men has this year shown some interesting results. Figures compiled by Dr. Roger Lee, in charge of the examination, seem to be evidence of

## THE WORLD AT PLAY

the increasing intelligence of parents. Very few freshmen have neglected teeth, few have such defects of the eye that they need immediate attention, and 44 percent have already had their tonsils removed. The large percent who have had some operation upon their nose and throat indicates a lively appreciation on the part of the public as well as the parents of the dangers from nose and throat diseases, says Dr. Lee.

Paralleling the experience of the past, the actual amount of organic disease which was found was fortunately slight. This fall only 1.3 percent of the freshmen had organic heart disease. There was a considerably larger number of students laboring under the belief that they had heart trouble but who really presented sound hearts, than there were students who had a damaged heart without knowing it. This emphasizes the opinion that perhaps the most important result from the physical examinations of freshmen is the ability to assure these men that they are organically sound. Another item of interest was the discovery that 11 percent of the freshmen were quite unable to swim. A total of 381 maintained that they did not use tobacco,

while 26 percent of the class admitted its use.

As to the ratings in bodily mechanics, the examinations both in 1916 and 1919 show that 8 percent of the first year men do not use their bodies well. Although this condition is offset by the students' youth and their otherwise good physical condition, the result of the test certainly suggests that our preparatory schools might do much toward preventing poor bodily habits. It also suggests that it is desirable for the college to attempt correction. There is of course a large group of the men who need only regular exercise, but among the others are all sorts of needs, varying from careful supervision in organized sports to special exercises for the delicate. The keynote of the work has been that what is good for the individual need not necessarily be distasteful to him, and therefore physical training is being made interesting as well as beneficial.

As compulsory physical education laws multiply throughout the country and wholesome play is encouraged among the children and young people of the communities, not only will the increased physical efficiency of the



## THE WORLD AT PLAY

American youth be apparent by the time he reaches the college age, but he himself will have learned the enjoyment of physical exertion. Even while a boy is in preparatory school he will be well on the road to the right use of his body and will know the pleasure of participating in those physical activities which keep him at least up to physical form.

**Community Service Com-  
mended by Magistrate.**—Dr. Orlando F. Lewis, General Secretary of the Prison Association of New York, and an ardent friend of War Camp Community Service, recently received the following communication from William McAdoo, Chief City Magistrate of New York:

"I thoroughly agree with the plan for reducing juvenile delinquency by community effort.

"During the war and since I have lamented the possible dissolution of the great and efficient organization that sprang up to look after the moral, and physical betterment of the young men in the Army and Navy. It seems to me logical and practical that its life should be continued to do the same sort of service during times of peace.

"I agree with the idea that

it should be done by the communities themselves.

"If the scheme is carried out on a large scale and widespread throughout the country I believe it would do an immense service for the moral regeneration of the nation, especially among the young men and women.

"Like all the big war movements it would have to have some central organization with men of brains at the head of it."

**Municipal Ice Carnival.**—The people of Denver have never had such an Ice Carnival as the one which took place this year under the direction of War Camp Community Service. The Rocky Mountain Ski Club and the Denver Skating Club assisted in carrying out the schedule of events to an unusual degree of success.

The Carnival was witnessed by over three thousand people. In the afternoon the boys and girls participated in all kinds of skating races, hockey games, cage ball, fancy skating, dancing, and a boys' chariot race. In the evening, which had been reserved for the grown-ups, promptly at eight fifteen, the lights on the lake were extinguished and a long line of skaters swung

## THE WORLD AT PLAY

around the lake to the lively tunes of the band in the balcony. Each skater in the Grand March wore fancy costume and carried a lighted Japanese lantern. The Skating Contest followed the Grand March, but the real event of the evening came afterward in the form of a hockey game between the teams of Berkeley and Washington Park. A newspaper reporter characterized this game as "some thriller." Other events consisted in obstacle races, a 300 yard dash for the men, half-around-the-lake-race for women, fancy skating and dancing exhibitions, and lastly, open skating for everyone. The prizes for the winners of all the contests of the Carnival were donated by the business men of Denver.

On the following day the Carnival was transferred to Inspiration Point where the skiing program took place. Amateur jumpers contested in a tournament on the big slide and the younger people held their contest on one of the smaller slides. The amateur ski-jumping contest for Colorado State Championship focused a great deal of interest and brought to a close the greatest winter sports program in the history of Denver.

562

**First Appropriation in Albany.**—The Board of Estimate and Apportionment of the city of Albany has appropriated \$4500 for playground purposes for the coming year. The Board of Education is to have charge of the work. This is the first appropriation made by the Board for recreation.

**Expansion in Lynchburg.**—From Lynchburg, Virginia, comes word that the recreation officials have just had offered them a recreation building, and the use of some city property adjoining the lot for a second playground and social center. The building is not new, but it is in good repair. Its situation is splendid, reaching the only settlement of foreigners in the city.

**The Melting Pot.**—The meaning of the Americanization pageant recently given at five community centers in Denver was clearly evident to the audience who witnessed it as well as to those taking part. *America, the Melting Pot*, showed ten characters, representing various races, going through the melting pot of America and coming forth as citizens.

At first each character, dressed in all the glory of his

## THE WORLD AT PLAY

native costume, told in poetical phrases of the needs of his country, of the vision his people had of the land of freedom and what aid America might be to them. As the national anthem of that particular country was played the speaker descended into the melting pot. Columbia and Uncle Sam responded to their pleas and welcomed each nation to America. From the melting pot there emerged continually farmers, college graduates, cooks, boy scouts, maids, nurses, and representatives of every walk of life. The pageant closed with instructions from Columbia to each nation on the important phases of American ideals, and the singing of *America* by everyone.

**Rural Game Book.**—*Games for Rural Schools*, published by the Berea Normal School of Berea, Kentucky, describes games, each of which is a good game according to the

judgment of the children, and each is believed to be suitable for the playground of the ordinary country school.

**Donkey Rides on the Playground.**—Nine mountain burros in the school playgrounds! The weather in the San Joaquin valley is such that they can be brought down from the Donner Lake Summer Camp in the Sierras. The Playground Commission of Stockton feeds and shelters them in exchange for their use. The burros are kept at Oak Park and on Saturdays are brought to the various school playgrounds for the children to ride.

**Out of the Mouth of Babes.**—It is said that the last words of the daughter of Samuel Gompers who died about a year ago while her father was in Italy were, "Tell father to carry on and do greater things for the toiling masses."

## Community Help for Boys and Girls\*

O. F. LEWIS

General Secretary, Prison Association of New York

Mr. Lewis presents in the following article a striking and perfectly feasible plan for reducing delinquency and crime in the communities of our State by the application of principles and methods that we learned during the war. The same service rendered to the soldiers and sailors, in their free time in the communities, to offset leisure time temptations, which resulted in a form of community service and community enjoyment never before experienced or conceived of, can, according to Mr. Lewis, be now applied to the youth of our communities, in the enriching of their recreational life, and in the disarming of many of the temptations of delinquency through the substitution of attractive and constructive equivalents.

Every mother and father in New York State should read this article, not alone because of parenthood and its obligations, but because of its call to better citizenship through community service.—  
EDITOR OF STATE SERVICE.

Last spring there came to the national headquarters of War Camp Community Service in New York a most pathetic and moving letter from a heart-broken woman in some little community in central New York. Could not that big war-time organization extend its service to her town? She had learned of the community service given by a thousand communities in the United States to the boys in khaki and blue—recreational features, good times, dances, home hospitality, individual concern that the men soon to be in France should enjoy the best expression of the community's regard and affection—and she asked if that splendid service *had to be confined only to the boys in the army and navy?*

She went on. In her little community immorality and vice among the young was becoming shocking. There was a place outside the village to which boys went—and as I remember it, girls also—and moral infection was sweeping through that community. Far away from organized influences of social service, this small community was undergoing a cancerlike attack upon its youth. What could War Camp Community Service do for that town—for those young people?

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\* Courtesy of State Service

## COMMUNITY HELP FOR BOYS AND GIRLS

War Camp Community Service could do nothing, as an organization, for its work was wholly with the men in service. But from that woman's sad letter something *has* come. It pointed out to me, as general secretary of the prison association of New York, and at the time with that war organization, a new field that simply *must* be entered now, after the war, and as soon as possible. That field is the organization of communities, be they large or small, to fight their own local problems of delinquency and crime by the very same forces of organization, team-work and devoted volunteer civic service that made our communities during the war realize and rejoice in their own effectiveness and power as they never had before—and probably wouldn't have, in a half century to come, if the war hadn't brought out that power and organization of service.

Here is the point, in a few words. All over this State we have been fighting crime and delinquency, so far, largely through institutions—separate institutions. Certain institutions are specifically for that purpose, such as truant schools, reform schools, jails, reformatories, prisons. Those are for the boys and girls, the men and women, who have already “gone wrong.” For instance, in that little central New York community some of the boys and girls will get to those institutions in time, and then the country, or the State, or both, will start its reclamation methods.

There are other remedial devices, like probation and parole—also for those that have already gone wrong. They are vital parts of a reformatory system, and must be supported and encouraged. *But why wait that long?*

Then there are a number of institutions in any community that indirectly fight delinquency and crime, as a part of their purpose. The churches, the schools, the clubs organized for self-improvement purposes. Their influences are beneficent, but often their efforts are futile.

Here is one of the central facts in the problem of juvenile delinquency. Delinquency is mighty attractive to the young—or else there wouldn't be so much of it. It has to be mighty attractive to overcome the prohibitions of law, and moral teachings, and parental oversight and control. But it persists.

How did we fight “vice and booze” in a thousand communities around the camps during the war? By setting up attractive substitutes to engage the soldiers and the sailors in their

## COMMUNITY HELP FOR BOYS AND GIRLS

free time, away from the camps! Why did Uncle Sam practically command the philanthropic and civic organizations in those communities adjacent to the camps to get together, to work together, to set up all sorts of pleasurable and constructive recreational features for the boys in service? So that the saloons, the brothels, and the camp-followers would not debilitate, demoralize, and destroy the fine young men that were to go to Europe to fight for our continued freedom to live, have liberty, and to enjoy the pursuit of happiness.

Can't we, now, in a thousand communities in New York State learn a lesson from the war that is so plain it comes right up in front of us— and relates itself to our daily life in our community— and to our own sons and daughters? How are we going to fight the enemy in our own community, the enemy that debilitates, demoralizes, and frequently destroys the best thing we have in the community, our own youth? Delinquency and crime is that enemy.

Substitutes for delinquency and crime must be *attractive*! Particularly so for the youth. We older men and women have other motives than those of pleasure for many of our activities. But youth is the God-given period of life for enjoyment, play, sports, emulation, competition, conquest. It is the preparation time for life. We put into it training for life—but often we overload it with precepts, academic and moral preparation, and don't balance it up with the satisfaction of these mighty instincts for play, and variety, and joy and comradeship and adventure that make the red-blooded boy and girl.

There's a job for the community! There's a post-war problem for any community. Millions of our own young men have come back from France with wider-opened eyes and with minds attuned to the consideration of the problems of good citizenship. *They* know what the healthy mind in the healthy body means, and what it's good for.

So much for the reasons why our communities should face juvenile delinquency with a new, fresh attitude of mind. Now, how can we do it?

First, let us see that one of the ways we are going to fight delinquency is by setting up a variety of attractive substitutes for the pulls and temptations of delinquency. What are some substitutes.

The "boy scouts," for instance, the "girl scouts," and the



## COMMUNITY HELP FOR BOYS AND GIRLS

"campfire girls." Why? Because they capitalize the same spirit for *good* associations that, when unguided and allowed to run riot, becomes the gang spirit on the street corner, or several miles outside that little town that the woman wrote about, in central New York.

Another substitute: "Organized play." We used to think that play was one thing that didn't need organization. We used also to think that charities, and care of the sick, and business, and labor, and government didn't need to be organized, but we have got beyond that. Play, unorganized in crowded sections, and participated in by the very young, is largely futile, and sometimes worse. So we have playground movements, and superintendents of recreation in large cities. This doesn't mean that all play should be organized, but that when necessary organized play should be a part of the community program.

Another substitute, along self-improvement lines: "Vocational guidance." Here is self-improvement as a recreation and an ideal. What is the opposite among the young? The unassisted, unsupervised *hunt for a job*, leading the boy and girl often into dangerous places, heightening the spirit of "wanderlust," leading the lad into other cities, making of him often a tramp and a vagabond.

Another substitute, this time a community one: "Community centers." What relation is there between delinquency and the community center movement? A real connection. The community center is the expression of neighborliness, neighborhood interest. Interest in whatever will make the neighborhood better. That includes the conditions the boys and girls live under. The unorganized neighborhood, with no civic spirit, is a far more fertile ground for juvenile delinquency and crime.

So much for a few out of a hundred possible illustrations. Let us proceed to more specific suggestions, "brass tacks." Efforts to provide attractive substitutes for the pulls and temptations of delinquency must be *organized* in the community. They must not be simply hit or miss, or sporadic. There must be a community plan. The ideal to work for is to make your community the best one in New York State for your boy or your girl, or both of them, and other people's children, to grow up in. The finest, most enjoyable, most helpful community.

Organization of effort is a wonderful thing. A darkey was

## COMMUNITY HELP FOR BOYS AND GIRLS

driving a woe-begone horse and rig along a southern road. Beside him, on the seat, sat a white man. The darkey flicked off with his whip, here and there, a flower from its stalk beside the road, or a leaf from a bush, or a twig from an overhanging tree. But when he passed under a hornet's nest he kept his whip far away from that nest.

The white man laughed, and jollied the darkey. "Sam, you haven't any sand! You're strong on snapping off the little flowers and the leaves. Why didn't you tackle the nest?"

"No, sah, boss. I ain't tackling no hornets' nest. Dey's *organized!*"

"Vice and booze" were successfully fought in the camp communities because the forces of good clean living were *organized*. How can your community organize to reduce, and in some instances to eradicate delinquency?

There are several simple steps. First, draw upon the magnificent spirit of service that manifested itself during the war. Assume that it didn't die when the war stopped. It may be resting now, for we had a long day's work, and communities require sleep after toil, just like people. But there is an awakening after sleep.

Get a group of people together, on the project of reducing delinquency in your community among the young, by community effort. It may be that your women's clubs are the best agents. Or there may be a civic association, or a group of ministers, or some other body, like the chamber of commerce or the board of trade.

Look yourselves in the face. Be willing to discover where conditions are bad or demoralizing now. There are three main lines of inquiry:

1. What are the principal factors causing delinquency and crime in this community?
2. What are the principal factors now combating delinquency and crime in this community?
3. What can we do, in our community, to stimulate, augment and supplement existing activities and efforts to reduce delinquency and crime?

Let us get down still further to details and methods. A group, coming together for a preliminary discussion of the local problem, will soon find itself considering the general situation. The chief sources of delinquency will be mentioned, such as a certain section of the town, or railroad pilfering in an

## COMMUNITY HELP FOR BOYS AND GIRLS

industrial center, or a road-house outside the town, or any one or a dozen different factors.

Then there will be the hasty statement of present remedial agencies: The juvenile court, the reformatory, probation, big brothers. That will be followed, probably, by a quick survey of present agencies providing antidotes for delinquency, like the boy scouts and similar organizations, facilities for public recreation, settlement.

*Out of this preliminary discussion should come the determination to make a home-made "tabloid survey" of your home community.*

Not a formidable, expensive, professional survey! But a survey your home people can make themselves; not all at once, but gradually, and admitting of action and results while it is being made. A survey is enormously important, because it is about the only way that one can get a well-rounded and honest picture of conditions.

Here is where the prison association of New York will be glad to help any community in the State, without money and without price, for the good of the cause. The prison association has prepared a list of a hundred questions, for this suggested survey. Copies of this list of questions will be furnished, free of charge, to those desiring to carry out a survey.

The careful study of the questions, themselves, will be a guide to necessary directions of activity.

Here are two "sample" sections of the questionnaire:

### *Commercial entertainments and amusements*

What forms of commercial amusement are offered?

Where located? Prices of admission? Nature of entertainment?

What effects are noted upon children from the movies? Nature of pictures? Lighting? Admission of children without adults or older persons? Frequency of visiting the movies? How are admission fees obtained?

What relationship is there in the community with the National Board of Review of Motion Pictures? Is there local inspection or censorship?

What special movie entertainments are given? Better Films Movement? Special entertainments for children? Educational films?

How many dance halls? How managed and supervised? Below what age are girls excluded? Are the dance halls connected with saloons or questionable places? What other demoralizing features?

What effects have the dance halls had upon the juvenile life of the community?

What influence do the pool rooms have? Skating rinks? Bowling alleys?

## COMMUNITY HELP FOR BOYS AND GIRLS

What other commercial amusements flourish or have influence?  
Picnic parks, railroad parks, steamboat excursion?

### *Public recreation*

How many parks in the community? Large? Small? Location relative to use, and to congested areas?

Nature of use of parks? For sports? Other forms of recreation, swimming, wading, refectories, boating, riding, picnics, band concerts, community sings, public meetings? Shelter houses?

Parks adequately policed and lighted? What results at night? What reputation have the parks? Are they the pride of the community?

How many more parks are needed? Locations? Size?

How efficient is the park department? Is there a park and playground association? Who furthers park development and use?

How many playgrounds in the community? How many are supervised? How well? What needs still to be done?

What portion of the day, week, year opened? What facilities?

Where located? How near congested quarters? How much used and by whom?

Under whose auspices maintained?

Nature of games? Of apparatus?

Other public provision for games and sports? Tennis? Baseball? Football? Golf? Swimming? Boating? Skating? Athletics?

How adequate? Supervision?

What other forms of public recreation?

Are holidays celebrated by public recreational features? Of what kind?

Are there public musical festivals, concerts, sings?

Are there public parades, and for what purpose?

Were there public recreational features carried on by the community during war-time that should be perpetuated in peace-time?

Are the school buildings and grounds used for play places, centers, and recreational centers? How many centers? Attendance? Supervised?

Are there school gardens?

What recreational activities conducted by the school authorities?

Self-government? School cities?

Does the community undertake community pageants, community opera?

Is there a municipal recreation system? Under what city department? Is there a superintendent of recreation? What annual budget in the department?

Have you had a community Christmas tree? Christmas caroling?

And so on. I have more than taken up the allotted space in

STATE SERVICE. One word more. This whole movement is based on the principle of utilizing existing local agencies, correlating them for a common purpose, co-ordinating their activities, and giving them a chance to plan together and work together. It perpetuates the idea of team-work that helped win the war. And national organizations will gladly advise and cooperate.

This plan does not contemplate the entrance into the community of a new organization. It presents a job, that ought to be done, and can be done, by the folks at home. The prison association, at 135 East 15th street, New York, will be glad to counsel and advise, free of any charge, for the sake of the community results obtained.

## Juvenile Crime Decreased by Supervised Recreation

"The dust is gathering fast on the gavel of the Superintendent of the Juvenile Court in Binghamton," writes William I. Engle in *The American City* for December, 1919. Five years ago in the southern section of New York State which includes Endicott, Johnson City and Binghamton, juvenile crime was increasing yearly as the population grew. Boys in the factory and railroad districts were pillaging, burglarizing, committing a dozen kinds of youthful depredation that kept police and Humane Society officers anxious day and night. The time worn plans of environment, probation, and threats were hopeless against the situation which was one of helping a population of young people having the usual factory environment, and the ideas of the usual factory worker.

Someone suggested playgrounds. The superintendent of the Humane Society agreed, and in this way the program for supervised amusement parks and clubs was begun. It has since turned guttersnipes into boys whose fathers are proud of them, and it has cleaned the streets of girls of bad repute. It has also established a new code of morals among both boys and girls.

The success of the playgrounds in the factory towns of Endicott and Johnson stimulated activity among civic-minded people in Binghamton. Recreation for young folks has been afforded. A boys' club with every street urchin in the city as a member is accomplishing results, and plans for a system of parks are under way. Superintendent Koerbel of the Juvenile Court comments on the result as follows: "Where this office five years ago had in one season 100 cases of thievery, burglary and misdemeanors from the industrial towns, this season it had just three cases. Five years ago I spent three afternoons a week in court in the factory center. Now I am in court there on an average of twice a month. Give the boys and girls clean recreation, keep them out of doors and interested in something wholesome, and you'll have no trouble with delinquents."

At the start, the usual supervised playgrounds, like those in

## *JUVENILE CRIME DECREASED BY RECREATION*

scores of other towns, were laid out and built. They included tennis courts, swimming pools and all manner of simple amusements for the younger children: swings, sand pits, see-saws, playhouses. As these advantages grew rapidly in popularity the scope of the work broadened. A large park covering ten acres along the pleasant Susquehanna River at the edge of Endicott was bought, and many thousands of dollars were expended in beautifying it. The payment was made by the manufacturers in the interest of their employees and the employees' children.

Real community welfare work followed. Extensions were made to an old casino and a great pavilion was built which is now the center of summer and winter activity. Community dances, domestic science clubs, concerts, bazaars, and six home economics courses for both juveniles and adults are held here. Outside in the park there is a fine half-mile race track, four well-kept baseball diamonds, a canoe and boat club, a skating rink, dozens of swings and other things cherished by children. Every day in the week there are special programs of recreation, and Saturdays through the warm weather the crowd sometimes numbers five or six thousand. No admission is charged for any amusement and nothing in the park has a price.

The Boys' Club in Binghamton is making a name for itself. Under the supervision of Superintendent Koerbel it has grown from a small group of a dozen street urchins into a unique institution. Within the last year a four-story community house has been constructed for the exclusive use of the boys, the membership of the organization has jumped to nearly a thousand, and the results from its varied activities, games, reading, carpentry, shoemaking compare favorably with those brought about by the recreation plan perfected in the adjoining manufacturing center.

In the single year since the club began its swift growth, juvenile crime in the city has decreased sixty percent. At the same time cleanliness has been brought up to almost 100 percent. In fact one of the important features of the club house is the free showers, hot water and towels. In one month 551 baths were given to boys who have no bathing facilities in their homes. According to the Superintendent Koerbel: "We shall open a girls' club to be operated like the boys' club this year



## COMMUNITY PLAY IN OAKLAND, CALIFORNIA

and I expect to see the number of complaints against young girls drop off as sharply as the ones against the boys did after their club activities were under way."

Of course this remarkable ninety-six percent decrease in crime in the vicinity of Binghamton did not come about naturally and without tedious, painstaking work on the part of those interested. "It is difficult for police and officials who have spent a lifetime in perfecting modes of tracing crime and punishing criminals to believe in its worth as against the old methods. But we have proved it here. And it can be proved in any other community in the country with equal success."

### Community Play in Oakland, California

The activities of the Recreation Department of Oakland for the boys, girls, and adults of the city have met with unusual success during the past year and several new features have been added. More money has been appropriated than ever before, \$11,863.06 having been expended. It is interesting to note in this connection that when the work was started ten years ago, \$750.00 represented the amount appropriated.

**Activities for Boys** In the development of work for boys, the object of athletics has been extensive rather than intensive. "Every boy in a game" and "sport for sport's sake" have been the mottoes. With this in view the boys have been classified by weights: 70, 80, 90, 100, 110, 120 pound and unlimited. The small boy thus has as much opportunity as the large boy for the training which comes from these types of activities. Not a single individual award is made to any boy who participates in a game. He participates because he loves the game, or not at all. Small cards are given to individuals who win as a record of achievement but nothing is given as a reward for winning.

**Girls' Activities** A slightly different emphasis has been given to girls' activities, in developing activities on each ground rather than laying stress on inter-play-ground contests. Many hikes, overnight camping trips, swimming parties, and other activities have been organized by the girls, in many cases mothers of the girls having accompanied their daughters. No inter-school leagues were formed, but many friendly games

## COMMUNITY PLAY IN OAKLAND, CALIFORNIA

were played between grounds. As a result of the activities of the year the idea of the value of out-of-doors activities for girls is gradually growing in the minds of the parents.

During the past year, play days have been arranged for girls of high school and elementary school age. After a parade of the participants around the field, games of basket ball, baseball, bat ball, tennis and volley ball were played. One or two grounds gave a demonstration of dramatic activities.

In 1915 the Oakland Recreation Department established in a small way the plan of universal participation in certain events, as was the custom of the Greeks. This plan was put into effect in connection with the track meet. During January, February and March of that year, each boy in the sixth, seventh, and eighth grades was given a try-out in the broad jump, high jump, dash and baseball throw. The averages of the classes were kept in a comparative contest to see which classes were averaging the highest. All the boys of a grade competed and the total score was divided by the number of participants. This was followed by a large city track meet which worked out so successfully that in 1918 a series of ten events was arranged for the boys and ten for the girls. The events are as follows:

<i>For Boys</i>	<i>Girls' Events</i>
Pull up	(Pull up
Soccer kick	(Traveling rings
Basket ball throw for distance	Hockey goal shoot
Basket ball throw for accuracy	Throw for distance
Running broad jump	Basket ball throw for accuracy
Running high jump	Volley ball serve
Dash	Jump and reach
Base ball throw for accuracy	Dash—forty yards
Push up	Baseball batting for accuracy
Sit up	Push up
	Sit up

These events are graded from one point to 100, so that a boy or girl can participate in any one of the activities and learn to what extent he is up to the standard in that event.

## COMMUNITY PLAY IN OAKLAND, CALIFORNIA

### May Festivals

The May Festival in 1919 took the form of *The Pageant of the Pacific* which was held on Oakland's much used water playground, Lake Merritt. Representatives of the various countries bordering on the Pacific Ocean were asked to decorate a boat for this event, and the boats thus decorated were towed past the Embarcadero. As the various boats passed that point children in the costumes of the respective countries came down to the water's edge and took part in some folk game or dance typical of the country.

### Dramatics

A special teacher of dramatics is spending half time in developing educational dramatics. The Recreation Department looks toward the broad ideal of developing initiative in large numbers of children, rather than in training small groups of children to entertain others. An afternoon is set aside in each of the large grounds for dramatics and once or twice during the year the children meet for a big get-together day of dramatics.

### Water Sports

Oakland is fortunate in having in Lake Merritt a water playground of 165 acres, only ten minutes' walk from the center of the business district. On the shores of the lake are Lakeside Park with a band stand, bowling green, and tennis courts, the Museum, two municipal boat houses, the municipal auditorium, and the Athol Plaza Tennis Courts. A large number of boats are available for a nominal charge and lockers are provided at a small cost for privately owned boats. The Recreation Department owns in addition to row boats, canoes, crew boats, and other varieties of craft, a fleet of about 35 whale boats varying from six-oared to twelve-oared boats. The schools, playgrounds, clubs, and private groups of the city using these boats are required to provide their own oars. Practically every school and playground in the city has one or two sets of good oars and a large number of clubs and organizations, including the policemen's and firemen's crew have their own oars and are receiving the free use of these large boats. During the past year approximately 18,810 people made use of the boats. Many of these are women who have organized themselves into clubs for rowing and outdoor sports.

## The Stockton Commission At Work

The Stockton, California, Playground and Recreation Commission is not an organization which exists merely on paper! It has a hard working group of five people, each one of whom has been given definite responsibility for the development of certain phases of the work.

At the beginning of 1919, the following committees were appointed, the chairman of each being a member of the Commission.

1. Camp Fire Girls and special programs
2. Social Centers  
Music, lectures, and entertainments
3. Recreation point and Lake Yosemite
4. Education, finance, and athletic club
5. Grounds, park, and improvements

### Activities for Girls

One of the most interesting developments of the year has been the activities for girls which resulted in the establishment of a camp for girls in the summer of 1919. Twelve Camp Fire groups of 162 girls have been organized in different parts of the city. To provide guardians a training class for leaders was held at the home of the chairman. An enthusiastic campaign made possible the establishment of the largest girls' camp in California where 134 girls and counselors spent two weeks. The girls, food and equipment were transported 95 miles in autos and trucks furnished by friends of the recreation movement.

### A Playground Exhibit

An exhibit of playground apparatus was made and a model playground installed at the San Joaquin County Fair. A rectangular space 48 feet by 96 feet was fenced and here two trained directors supervised play activities for the children. The playground included a merry-go-round, a sand bin, a rocking box, baby swings, a horizontal bar, and two children's slides. The day nursery co-operated by having a tent placed in the enclosure where mothers could leave their children while visiting the exhibits.

### Fire Places

There has been a splendid development during the past year in the use of the outdoor facilities provided. Additional facilities for outdoor picnics have been provided in the installation of two fire places at Oak Park. One was placed in the municipal camping

## LOS ANGELES CENTERS DEVELOPING

grounds where it has been in continual use. As many as thirty-one automobiles have been counted leaving the grounds on Monday morning after spending Sunday at Oak Park. The second fire place was installed in the park proper where it has been much used by picnic parties and family gatherings.

Activities will be greatly increased in the future through the gift of a naturally wooded site of thirteen acres which will be used for recreation purposes.

## Los Angeles Centers Developing

Slauson playground with its well patronized grounds and club house is the neighborhood meeting place, filling the needs of the citizen for recreational activities, library, community chorus and various other activities. A prominent citizen has placed in trust \$50,000, the income of which is given to the maintenance of this playground as long as it bears the name and remains in the same location.

Hazard playground has been a center of interest, a Community Center Council having been formed to take over many playground activities, thus assisting the director of the ground.

At the Salt Lake Playground is one of the busiest Americanization centers in the city. Russian and Mexican families compose fifty per cent of the neighborhood, which has 1049 homes in a half mile area. The installation of lights has made the evenings very attractive on the playground, and with the added bleachers opportunity for play is offered for people of all ages.

The Temple playground which opened in April has proved itself of great service, and day and night the people of the neighborhood have enjoyed its facilities. The cemented cellar of the old Custer school on this playground has been the swimming pool during the past summer for the district.

The Normal Hill Center—the down town play field—has provided recreation for numerous groups in the heart of the city. Here gymnasium classes for all groups have made the building a busy place, affording recreation to large numbers coming from the apartments, courts, hotels, rooming houses, and stores in the district. Here too there is a day nursery caring for the children of working mothers.

## LOS ANGELES CENTERS DEVELOPING

The Exposition Park Children's Playground, which was opened in March, provides for the large groups of children around Exposition Park and for others visiting the park.

The Exposition Park Swimming Pools were used by 51,302 patrons during the summer season. That it is self-supporting is shown by the fact that out of \$4735.65 collected in charges, only \$4692.55 was paid out for maintenance, leaving a balance of \$43.10.

Vignus Street Municipal Plunge gave opportunity to 3619 boys and 358 girls for refreshing swims. As only three cents is charged for a swim, this Plunge cannot be entirely self-supporting.

Vacation playgrounds were operated on thirty-three school grounds scattered over the city. These grounds, which were opened July 1st, was closed in August with a big field meet at Exposition Park.

The Men's Public Club on Main Street has been an attractive feature of the City's recreational facilities and represents an effort to provide facilities to take the place of the closed saloon. In this club are a meeting and game room, pool tables, hot and cold shower baths, a comfort station, and a canteen serving light lunch and soft drinks at nominal rates. The provision of club rooms and gymnasium facilities will add greatly to the popularity of the club.

Camp Seely in the San Bernardino Mountains has proved a very popular place, 2221 persons attending during the camp season which lasted from June 9th to September 27th. Camp Radford also had its full quota of camp enthusiasts, 1200 people having spent there a vacation season of one or two weeks. These municipal camps, which have attracted wide interest, are now on a self-supporting basis. During the past season \$31,660.00 was paid by campers at nominal rates of \$11.00 at Seeley, and \$12.25 at Radford, for a two weeks' outing. The maintenance cost about \$30,000 leaving a balance of approximately \$1000. Winter trips are planned and it is believed that many will spend a delightful time in the snow clad mountains.



## Team Play

The organizer of Community Service in Augusta writes: "The playground officially opened for use Monday. The wading pool, slide, play material, diamonds, and game areas were first to be finished. More than 200 boys have been at work all the week as volunteers. In the past vandalism has been an inseparable attendant on improvements in the park, but with the boys enlisted in the enterprise there has been no such difficulty. As it was necessary to leave the parts and fittings of the apparatus out over night, the boys organized a voluntary corps of watchmen to see that they were not molested at night, with the result that nothing was taken or disturbed.

"We carried on the program of half work and half play, alternating games with construction labor. As the grounds were strewn with stones, a target was set up in a hole opposite the pool which had to be filled, and all turned in picking up stones and clods and throwing them at the mark. In two hours the ground was cleared to its farthest edge. At the end of the week all the frames were erected beside the holes into which they were to be concreted, ready to be lowered into place. As it rained Saturday it was not felt wise to attempt to remove them. After I had gone home at night, however, the boys themselves carried the frames over and set them into their place. How they could lift heavy frames of the sort with all the fittings and heavy clamps attached is a puzzle, but they did it! The holes were filled with water from the rain but the apparatus was in place by Sunday, and the volunteers were very much pleased to be able to surprise everyone in the way they did.

"Sunday morning I went to the grounds and found the slide still damp and sticky. One of the boys who watched for a time the futile efforts of the children to slide down its damp surface, at last had an inspired idea. He ran home where he "borrowed" his older sister's new box of powder. This he applied to the full length of the wet slide, making its 20 feet as slippery as ice. Thereafter the slide worked to perfection. One of the sights which spectators enjoyed most was that of a little girl and her collie dog going up the steps of the slide in turn, and sliding down the chute. The children made a place in the waiting lines for the dog who evidenced as much enjoyment and made as much noise as did any other user of the new attraction."

## The Community Center and the High Cost of Living

Can the community center help to solve the problem of the high cost of living and become an important factor in the marketing operations through which prices may be reduced?

The Hon. M. Clyde Kelly, Pennsylvania Member in the House of Representatives, believes that it can, and quotes in support of his belief the experience of the Park View district of Washington, which he considers to have worked out successfully many of the problems associated with the movement to bring consumer and producer together.

"The Park View Community Organization which has been in existence for two years and has proved a splendid community center where all the people come together for recreation and for the discussion of vital questions, has made of the Park View district a real neighborhood with a fraternity of feeling plainly evident. During the war the various war activities were presented at the community meetings and were entered upon with enthusiasm by the community. Each citizen gained through his membership in this all-inclusive organization the sense of 'belonging' to America.

"Three months ago the community secretary was appointed a postal-station agent and a complete post-office equipment was set up in the schoolhouse. This unprecedented arrangement, which should be the most natural combination of activities, has been a success from the first day. The people gladly avail themselves of the postal facilities in the schoolhouse and the receipts have increased rapidly.

"Then came the question of using these facilities for the purpose of securing food products directly from the producer. The motor-truck service was utilized and orders were sent out to individual farmers. The result proved the advantages of buying direct, but there were difficulties which had to be overcome. It required the product of many farmers to supply the needs of the community, and a great deal of inconvenience was experienced in getting in touch with producers who desired to sell their products in this manner.

"Finally it was seen that the only solution is organization on the part of the producers. The shipments at the farm must be

## COMMUNITY CENTER AND HIGH COST OF LIVING

organized, and in the rural sections, too, the schoolhouse stands ready to be used for this purpose.

"One of the motor-truck routes from Washington leads to Gettysburg, Pennsylvania. It traverses a good farming country for eighty miles and in no part of it parallels a railroad. In the past, hundreds of tons of vegetables, fruit, and so forth, raised in this territory have been allowed to rot and waste simply because there was no connection with a market which offered profitable returns.

"The route passes through Mount Joy Township, Adams County, Pennsylvania, which is on the edge of the historic battlefield of Gettysburg. There, only a few weeks ago was formed the first rural postal-school organization in the United States. The producers of the township, gathered in the Two Tavern schoolhouse, formed the Mount Joy Community Association. Mr. Rudisill, a former member of the State Legislature, was elected president, and a public school teacher was made the community secretary. His election as community secretary was by the people of the community, and by virtue of that election he has been made a postal agent of the motor transport service of the Post Office Department.

"The motor truck stops each morning at the schoolhouse and picks up the crates of eggs, containers of butter, boxes of poultry, and other commodities collected there. These goods are delivered the same evening at the Park View schoolhouse in Washington and there distributed to the people of the community.

"The list of prices is sent each week by the Mount Joy community secretary to the Park View community secretary. Orders are sent out and the goods shipped as desired. Payment is made by check weekly, and the community secretary at Mount Joy keeps the records of the shipments made by each farmer and makes payments accordingly.

"It is the first direct communication between rural and urban communities by means of the motor transport service in American history. It is but the beginning, for already the Washington community is demanding more than the entire output of the township and other organizations are being formed to meet the demand.

"Around that little town of Gettysburg 55 years ago was fought the greatest battle on American soil. For three days the red gods of war took mighty toll of blood and life. From that

## THEY SING

field the Confederacy reeled backward, facing a certain end. Sixty-six hundred men died there in fratricidal strife, brother slaying brother in a frenzy of wrath and hate.

"It seems peculiarly appropriate that there, within sight of Cemetery Ridge and the Peach Orchard and the Wheat Field and the Round Top, should be organized the first community center in the linking up process of the Postal System and the public school, the community added to communication for a united, coordinated America.

"There on the site of battle, where men went through blood and fire because of disunion and secession, began the movement for unity and cooperation. And the victory which is yet to be won and celebrated for this real fellowship and fraternity of America will be even more far-reaching than that which crowned the storm-swept crests of Gettysburg in those bloody days of sixty-three.

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"So it is that the prosaic bread-and-butter question, which makes necessary the organization of producers and consumers and the establishment of communication between them, with no unjust and unnecessary toll levied may well be the impelling force which will drive us to a true democracy, which will be safe for us and for the world—a democracy that means not only universal liberty but universal organization, which will guarantee equal opportunity and equal justice to all."

## They Sing

J. EDWARD BOUVIER

Community Singing Leader, Worcester, Massachusetts

The time has come when I feel our department must get down to real fundamentals and do something of a staple and "real worth while doing" nature in musical development. Instead of aiming to see how many sings we can pull off during a week my motto is, what are we doing during the week to develop a better standing and grade of musical activity. There is no doubt that Community Singing has taken on a deep root among the people, and I find now that it is the desire of these people to take up a better grade

## THEY SING

of music and really do a few good things well, with musical understanding, rather than to keep on *Forever Blowing Bubbles*.

The chief activity these past few weeks here, has been the development and organization of a Community Opera. I was obliged to cancel this for two weeks on account of another musical show which the Girls' Division put on, so it made it a little difficult to resume the rehearsals inasmuch as we had in the meantime moved to another building, but it came up again strong. I have a very fine organization with a good committee for this Opera Association and at rehearsal last week ninety-five were present, over thirty men. There is double interest in this group of singers. We are going to put on *Pinafore* as the first production, the proceeds to go to Worcester Post No. 5, of the American Legion. The Post has a membership of thirty-five hundred boys in the city and they are anxious to have a home or permanent quarters, and feel very appreciative of our starting the ball rolling as it were. These groups of singers representing so many sections of the city, mercantile and manufacturing concerns, are very much interested and happy to feel they are *in opera* and like the study of real music.

Next on the program of these few weeks, I have six splendid Glee Clubs started on a sound basis. One of my volunteer leaders has a splendid Glee Club started at the big manufacturing plant he is with, also one of my other leaders has an orchestra of fifteen fellows in his factory started. The Glee Clubs are the following:—Knights of Columbus, fifty men, Swedish Club of young men, thirty-five voices, American Legion Post, seventy-five men, American Steel and Wire Company, forty men, Young Woman's Christian Association, thirty women, All Saints' Club of young people, mixed voices, (thirty-five). You will see by this list of Clubs that a pretty good start has been made on founding real musical associations of lasting character. I am conducting all of these except the Steel Concern, and programs of concerts for this coming winter season are being rehearsed. And this is not all. Four towns out of the city have made programs for two big Community Sings a month beginning in January in their town halls for the purpose of taking up Easter Music and excerpts from oratorios and other works.

In one of these towns, Webster, one of the churches has planned a big musical program for once a month, when they are to study different choral works. They have planned to put on Stainer's *Crucifixion* at Easter when the people will sing the



## FEDERATING INDUSTRIAL ATHLETICS

choruses. This in itself is a wonderful development of higher appreciation of music.

I have not the time or space to go into detail concerning the individual work in assisting these groups to start a big program of real music this season, but for these several months that I have worked about here, great response have I received, and the desire to build up a strong musical community by the people themselves has been most encouraging, and is being realized now. Of course during these few weeks in connection with these activities mentioned we have had no less than fifteen different "sings," so-called a week, where volunteer leaders and accompanists have been kept very busy. Besides the sings that this office directly took care of, many organizations have sent in for song sheets as they were having a Community Sing.

The Strand Theatre has asked me to conduct a week of Community Singing during the Holidays. It is all one can do now to "fill orders" no more going out and soliciting orders.

Again I assure you all that these past few weeks have been very fruitful around here and a very bright season is ahead of Musical Activities whether Community Service stays on or not.

Organizations and organizers may come and go but we *SING ON FOREVER*.

## Federating Industrial Athletics

It is not a new thing for the employees of an industry to organize among themselves baseball and basketball teams or even an athletic club. The value resulting from such an undertaking has been proved by the experience of thousands of companies throughout the country; and workers have had untold delight in vying with the workers of another company on the diamond or the track field.

A feature of industrial recreation which is still in its infancy is combining into a federation all the industrial athletic clubs in a city. The recently organized Industrial Athletic Association of Oakland, California, has proved what concerted action along this line can accomplish. The Association held its first big Sport Carnival in the municipal auditorium in December. The teams among the men and women workers in the various industrial plants of the city had been coached by the physical directors of the Recreation Department, the



## *FEDERATING INDUSTRIAL ATHLETICS*

Y. M. C. A. and the public schools, but the Carnival was the first occasion on which the players had come together for a general competitive meet. The volley ball games were participated in by teams from automobile, electric, box, lumber, paint and gas companies, while the basketball court was kept busy by the teams from motors, electric, cotton, and lamp factory. There were also volley and indoor baseball games played by girls. A splendid program of stunts created a good deal of amusement. The evening ended with two hours of social dancing which turned all the rivalry of the courts into wider acquaintanceship and friendliness. The Recreation Department of Oakland is employing a special worker to organize the adults employed in industry for recreation, and in the spring it is planned to hold several track meets.

Another similar athletic federation has been established in Jackson, Michigan. Here use is being made of the splendid public school facilities of the city for the activities of the Jackson Industrial Athletic Association. The school board has cooperated willingly in furnishing the school gymnasiums for use by the teams; at the same time giving practically a free hand to the Director of Recreation Activities in pushing the organization of the industrial federation. A championship series of volley ball contests, for which invitations were sent to the heads of all the firms represented, opened the season in October. The second half of the season began in January with over twenty-five factories entered for indoor baseball and basketball. The schedule of events brings out about four hundred men one night a week and as great a number of visitors. The rooters become as excited as the players and have proved by their untiring enthusiasm that a long-felt need is being filled in Jackson.

To obviate the tendency to offer positions in factories to athletic experts for the purpose of strengthening the factory team, the constitutions of the industrial associations mentioned above provide restrictions as regards the eligibility of the players, making it absolutely necessary that a player be a bona fide worker in the firm represented. In this way the teams may really personify the spirit of the company. In creating definite standards of fair play, the industrial athletic association has an opportunity of making this loyal company spirit of the best sort besides giving to its individual members a sense of the wider uses of recreation.

# Comrades in Play

ABBIE CONDIT

Community Service (Incorporated)

[Continued from THE PLAYGROUND FOR FEBRUARY]

## V

### EDUCATIONAL AND SERVICE ACTIVITIES

Recreation and social activities have in themselves a distinct value and should be emphasized in all their varied phases as a part of the program of social education. They are not, however, complete in themselves and in a peace-time program of Community Service which must concern itself with citizenship, the making and building of community life, one of their primary functions should be to pave the way for the educational and service activities in which a well planned program should culminate.

#### **Educational Activities**

It is not enough that young men and young women shall play together; they must think and study together, in order that they may most effectively work and serve together. Activities may well be purely recreational at first, the educational interests coming as a normal outgrowth of the social and recreation interests which are so valuable in bringing people together and in making the initial contacts. For example, the girls in an eastern community found that some knowledge of parliamentary law was necessary to the successful conduct of their recreation club activities; therefore, they attacked with eagerness Roberts' *Rules of Order*. They discovered that returned service men liked to talk about current events and foreign countries. This stimulated their desire to have classes in these subjects.

The average girl is sadly lacking in conversation. The returned soldier has been heard to remark that he wished girls would talk more about subjects and less of persons and personalities. To provide a thorough training in the fundamentals of etiquette, the duties of a guest and the responsibilities of a hostess should be the aim of every worker among girls.

A girls' worker in War Camp Community Service states that it was her experience to watch two groups of industrial girls, one from a food and one from a garment factory, develop into good, dependable hostesses for groups of soldiers and others. These girls, on the

## COMRADES IN PLAY

occasion of their first social meeting, which was a supper for themselves, revealed that they had everything to learn. They were self-conscious, awkward and constrained; either silent—having nothing to communicate—or noisy without knowing it. They were quite ignorant of simple conventions governing social contact. Their evolution was wrought through diversified activities. Every Tuesday these groups had supper together. Afterward the first hour was given to singing, games and dancing, the second hour to some serious study. One group had a course of lectures on household economics and administration, the other a course in reading and storytelling. The advisor for each group was a college woman, and on every occasion one or two women socially active in the community attended these functions as guests of the girls. Every activity conducted by these groups contributed to building up a general poise and self-possession. The mere practice in social contact with each other and with their guests was as powerful a factor as any, in fitting them for recreation with young men.

This experience and many others which might be quoted show the great benefit to be derived by both young men and young women alike through short talks and discussions on etiquette, tactfully given, and through instruction in the graces, conventions and courtesies of social intercourse.

Many of the returned service men will belong to classes and clubs organized in a community to broaden the educational, cultural and civic interests of its young people. Their enlarged interests and the contributions which they have to make from their war experience should do much to increase interest and create a desire for a broader knowledge of the factors involved in reconstruction and in political and economic problems.

Very many opportunities for increasing the cultural and civic interests of young men and women may be brought into play through study classes, clubs and various activities in which they may be associated. Debating clubs under the proper vitalizing influence can accomplish much in stimulating thought and expression on local, national and international problems. The activities of literary societies can be developed in so popular a way that a large number of young people may be drawn in. Short talks on literature, a study of the best authors, the presentation of papers written by members and an occasional visit from a writer of distinction are features of such a program. In order to stimulate a wide interest in reading, the community group should have available classified lists of good books.

## COMRADES IN PLAY

In this connection emphasis should be laid upon the importance of giving young people instruction in the use of the public library. Some clubs may wish, through the payment of a small sum by each member, to purchase books from time to time which may be circulated among the members. It may be possible for a club to have a room where books and magazines will be available at all times for members.

Public forums are becoming a helpful medium of popular expression and are well worth promoting if sufficient care and thought can be given them. The current events class is another means of stimulating thought on topics of the day.

There is an increasing interest in the organization of groups for the study of municipal problems. A Junior Chamber of Commerce for young men with a young women's auxiliary is an excellent means of bringing young people together for the discussion of local affairs. The young men may concentrate on the civic and political needs, the young women on matters relating to education, health, civic cleanliness and beauty. A "Know Your Own City" series of joint expeditions to factories, mills and large mercantile establishments would prove of great benefit as would trips to places of historical interest and to museums where the services of an official guide might be secured to explain various exhibits.

A "City Beautiful Organization" for girls will go far as a means of effecting a transformation in a city. Competition in window boxes, flower beds and hedges should be stimulated and publicity secured through "Before and After" pictures published in the newspapers. In one city a certain district won the prize as the "tulip ward." All the women in the ward had planted tulips in the spring and each tried to rival her neighbor. The ensemble was remarkably beautiful. A garden club might be practical in certain communities. The organization of a vigilant committee which would look after public property offers another suggestion for joint service.

Too much emphasis cannot be laid upon the necessity for preparing for their responsibilities the young men and women who are about to vote. Classes in parliamentary law and instruction in national and state constitutions and in methods of voting will make it possible for young men and women to render joint service at the polls. Such instruction is being offered in Chicago and other cities.

One of the members of the Federal Education Board at a meeting in Cincinnati, suggested the following plan of organizing young men

## COMRADES IN PLAY

and women who have reached the age of twenty-one into groups of a civic and social nature.

"Call the young men and women who are to reach the voting age this year to a meeting. Have present a live-wire speaker who can talk for fifteen minutes on a subject that will appeal to young people of this age. At the close of the talk throw the meeting open for public discussion, then have a period of community singing, dancing and refreshment. Next have the suggestion come from the floor that a similar meeting be held once a month and that questions bearing on the responsibilities and duties of the American citizen to his city, his state and his country be discussed; that subsidiary committees, such as publicity, speakers, music, entertainment, be formed then and there. This can be elaborated upon, of course, so that parliamentary law, political economy, civics, and vital questions of the day can be made to interest these young people, and at the end of the year, they will be in a measure, qualified as citizens of our country."

As the young men and women become citizens, a series of new voters' festivals both for foreign and native-born would not only be enjoyable but would give emphasis to the importance of the occasion. The ceremony of naturalization, as has been suggested, should be made a service of dignity and of beauty rather than a mere form thoughtlessly administered.

Large gatherings to arouse an interest in the government and in a program of citizenship are of immense value in certain communities. There is, for example, the plan of having a roll call of the nations—in this young men and women should have an important part—in which the various nationalities contribute to a program of songs and dances. One or two good speakers on citizenship should be featured.

A similar idea was carried out recently in an Italian neighborhood, where Columbus Day was chosen as an appropriate occasion for an Americanization rally. This was widely advertised by means of posters, announcements at local theatres and schools and through the Italian newspapers. The music for this program was furnished by the orchestra of the local settlement and under the direction of a War Camp Community Service song leader, the large audience sang Italian national airs and folk songs. A popular American congressman spoke on *American Citizenship and What It Means* and a leading Italian citizen had for his subject, *Learn English*. A pupil of one of the neighborhood night schools testified to the benefits he had de-



## COMRADES IN PLAY

rived from learning English and from his life in America. Two films were shown, one having an Italian subject and the other being a patriotic American picture. A most successful evening was brought to a close with the singing of *The Star Spangled Banner*.

Through study classes young men and young women should be kept thoroughly alive to conditions in their communities and should be given opportunity to listen to city officials and private individuals interested in various phases of community welfare and to visit city institutions and private philanthropic and civic endeavors. Study classes, however, will concern themselves not only with civic matters but with such subjects as drama, salesmanship, home decoration and designing, language and history study. Instruction in any subject for which there may be a demand on the part of the young people should be provided.

It is suggested that it may be possible to stimulate interest in certain activities through a system of honor points for achievement, through competitive events and through combined programs with other groups. Very often greater interest will result if study classes are followed by games and dances.

In arranging for the training given through study **Service Activities** classes and clubs of various kinds, not only ought the needs of the individual and his development be kept in mind, but also the effect such training and development will have on the community when expressed in terms of service. Thus, classes in storytelling in which one member tells a story, the others in the circle offering comments, not only develop ease of manner in the individual but make it possible for the participant, by becoming a good storyteller, to make a contribution to community life through storytelling at institutions and to children on the playgrounds and on the streets. This is being done at Bridgeport where wandering storytellers dressed as gypsies are eagerly welcomed by groups of children who gather in groups to hear the stories. Similarly, classes in games will develop leaders to help in the direction of such activities at school centers, churches and small group entertainments while at the same time providing a delightful evening's entertainment for the young people who attend the classes.

Each unit should constantly keep in mind the service which it, as a group, can render the community. Orchestras, choruses and dramatic groups have an unlimited field of service in giving concerts and entertainments in public institutions, in holding birthday celebrations for dependent old people living in homes, in participation in



## COMRADES IN PLAY

social affairs and in putting on entertainments to raise money for projects of community interest. Many workers have found that when there was need for a large service to the community as in the matter of a celebration to raise funds, much better results are secured when the working groups are made up of young men and young women.

Joint service may also take the form of leadership in camp outings and after-school athletics, the conducting of classes for illiterates, in the singing of carols on Christmas Eve and in the giving of festivals and entertainments of various kinds for parents, relatives and neighbors.

An interesting idea is that of having a toy shop in which young people make new toys and repair old ones for children. Many young men are clever at mechanical work while the girls can handle the designing and painting. Through similar channels such articles as picture books, rugs and furniture may be made. In this way, furnishings may be supplied for rooms at local clubs, hospitals and homes for crippled children and gifts prepared for children and old people in institutions. There are interesting possibilities, too, in the suggestion of a self supporting tea room with gift novelties made by members of handicraft classes.

**Responsibilities toward Foreign-Born Citizens** Community Service has no more fundamental task than the development in American-born young men and women of an appreciation of their responsibility to the foreign-born, and of the spirit of friendliness and understanding which must form the basis for work with these new citizens. A means for developing this spirit lies in the presentation of the customs and traditions of the foreign-born by American citizens who are thoroughly in sympathy with the foreign-born and who understand them, and by members of the various nationalities who are best fitted to interpret their people to American-born Americans. There can be no successful approach to the foreign-born except by people who understand them, and methods must be developed for giving this understanding to American-born young men and women. Through a process of intermingling and of shaping together social and recreation activities can the spirit of friendliness and understanding best be fostered. Many people feel that community singing, pageants, and special holiday celebrations provide possibly the best means available for bringing together the native and foreign-born population of a community. Such celebrations, however, must be followed up by the more personal contacts which small group activi-

## COMRADES IN PLAY

ties provide. Hospitality and friendliness must be the motives on which activities for the foreign-born are based, and the expression of these motives must be genuine. Will it not be possible to make one of the primary functions of young American men and women service for the foreign-born? Is it not possible to make this service of such importance that they will feel it not only their responsibility but their privilege to offer hospitality to small groups of foreign-born young men and women, entertaining them as individuals in their homes, their churches and clubs, welcoming them as they become citizens, providing the leaders for their clubs and other activities, workers at information booths serving foreign-born, and in every possible way expressing the spirit of neighborliness which alone can make possible mutual understanding?

The process of building for Community Service, of developing on the part of young men and women such interest in community affairs that they will assume their responsibilities naturally and intelligently, must come as a gradual growth which cannot be forced. Games, outdoor sports, singing and dancing indulged in purely for the sake of the joy there is in the comradeship such activities engender, will, if wisely directed, eventually find their normal expression in joint service.

## APPENDIX

### Exhibit A. Suggested Bibliography

Social Games and Group Dances. J. C. Elsom and Blanche M. Trilling. Lippincott Company, Philadelphia. \$1.75

Ice Breakers Edna Geister. Woman's Press, 600 Lexington Ave., N. Y. C. \$1.00

Social Evenings. Amos R. Wells. United Societies of Christian Endeavor. Boston and Chicago. \$.25

Neighborhood Entertainments. Renee B. Stern. Sturgis and Walton, 31-33 East 27th St., N. Y. \$.75

First Steps in Community Center Development. Clarence A. Perry. Russell Sage Foundation, 130 East 22nd St., N. Y. \$.10

Community Center Activities. Clarence A. Perry. Russell Sage Foundation, 130 East 22nd St., N. Y. \$.35

Community Recreation. Association Press, 347 Madison Ave. N. Y. C. \$.20

Games for Playground, Home, School and Gymnasium. Jessie

## COMRADES IN PLAY

Bancroft. Macmillan Company, 24 Fifth Avenue, N. Y. \$1.50

Games and Dance Figures. Chicago War Camp Community Service, Rm. 701-112 W. Adams St., Chicago, Ill. \$.20

Handbook of Athletic Games. Bancroft and Pulmacher. Macmillan Company, 62 Fifth Avenue, N. Y. C. \$1.50

Dances of the People. Elizabeth Burchenal. Schirmer Music Company, 7 East 43rd St., N. Y. C. \$1.50

Country Dance Book. Cecil J. Sharp and H. C. McIlwaine. H. W. Gray & Co., 2 West 45th St., N. Y. C. \$1.25

Holiday Plays for Home, School and Settlement. Virginia Olcott. Moffat Yard Co., 31 Union Square, N. Y. C. \$1.00

Patriotic Plays for Young People. Virginia Olcott. Dodd Meade Co., Fourth Ave. & 30th St., N. Y. C. \$1.25

Patriotic Plays and Pageants. Constance D'Arcy Mackay. Henry Holt, 19 West 44th St., N. Y. C. \$1.25

May Day Programs. Constance D'Arcy Mackay. Playground and Recreation Association of America, One Madison Ave., N. Y. C. \$.05

### Exhibit B

#### *Games and Activities for Gymnasiums or for Out-of-Doors*

##### *General Games*

Partner Tag  
Hindoo Tag  
Triple Tag  
Maze Tag  
Slap Jack  
Three Deep  
Jump the Shot  
Circle Jerusalem  
Last Couple Out  
Duck on a Rock

##### *Team Games*

End Ball  
Corner Ball  
Bat Ball  
Captain Ball  
Volley Ball  
Basket Ball  
Indoor Baseball  
Cage Ball  
Squash Baseball

##### *Competitive (with equipment)*

Day and Night  
Club Snatch  
Stealing Sticks  
Overtake  
Prisoners' Base  
Master of the King  
Exchange

##### *Relays*

All Up Relay  
Shuttle Relay  
Bean Bag Relay  
Flag Relay  
Zigzag Relay  
Corner Relay  
Pass Ball Relay  
Snatch the Handkerchief

## COMRADES IN PLAY

### *Competitive (with basket ball)      Races and Stunts*

Pass Ball	Zig-zag Ball
Arch Goal Ball	Dashes
Stand Ball	Potato Race
Call Ball	Hurdle Race
Center Ball	Needle Race
Dodge Ball	Shoe Race
Circle Ball	Hobble Race
Touch Ball	Three Legged Race
End to End Ball	Obstacle Race

### Exhibit C

#### *Constance D'Arcy Mackay, Church Entertainment*

For church entertainments a definite program is essential. Nothing should be left to chance. There should be no pauses with people standing about not knowing what to do. Each week there should be something different. One week there may be games; the next a "parlor track meet," the next, a musical and dramatic program and the next, a "fad party." Sometimes a musical program prepared or a one act play produced, can be sent from church to church.

Special holidays, such as Valentine's Day and Washington's birthday should always be taken advantage of in church entertainments. Planning a *definite* entertainment always brings out ideas. Shadowgraphs will be found immensely entertaining, if worked up beforehand with two or three rehearsals. There is a very funny shadowgraph called the *Ballad of Mary Jane*, which can be found in the St. Nicholas Book of Plays and Operettas, published by the Century Co., of New York City at \$1.00, or perhaps this book may be found in the town library. While primarily intended for young people, the *Ballad of Mary Jane* is so distinctly funny that it has amused adult audiences all over the country. It is also valuable because it gives illustrations of how shadowgraphs are arranged, so that anyone can manage them. Two songs that would make entertaining shadowgraphs are *Clementine* and the *Bold Fisherman* which may be found in any collection of college songs. Parlor Magic is always effective and always enjoyed.

A Parlor Field Day, as described on page 87 of *Social Activities for Men and Boys* by Albert M. Chesley, is excellent for an evening's

## COMRADES IN PLAY

entertainment. Another good idea is a Fad Social, as described on page 59 of *Social Evenings* by Amos Wells. Still another idea that is new and interesting is an Open Road Evening. Decorate the parish house with tree branches to give it an outdoor look. Have a gypsy camp with fortune telling, palm reading. Have gypsy fiddlers and songs of the Open Road. Have an improvised "camp fire," with all lights out. Have singing around the camp fire. Serve coffee from a three legged gypsy pot swung over the fire. Have apples and sandwiches served by gypsy girls.

Still another suggestion for a game called *The Road to Berlin* has been sent out by the War Camp Community Service in its bulletin *An Old English Christmas Revel for Use in Soldiers' Clubs*. This Revel can be used by churches as well as clubs.

Folk dancing both in France and in England has been found to be an excellent form of entertainment, because the group work it contains keeps men from being self conscious while they are learning the steps. *The Morris Dance Book* edited by Josephine Brower can be had from Novello & Co., 2 West 25th St., New York City. Two good books on folk dancing are *Folk Dances and Singing Games* by Elizabeth Burchenal and *Folk Dances of Denmark* by Elizabeth Burchenal, both published by G. Schirmer, 7 East 43rd Street, New York City.

Among the one-act plays which can be given in parish houses, all of which can be obtained from Samuel French, 28 West 28th St., New York City at \$.25 each, are the following: *Jimmy* by A. Patrick, Jr.—two men. *Peace Manoeuvres* by Richard Harding Davis—a military play, three males, one female. *The Zone Police* by Richard Harding Davis—a thrilling military play—four males. *Food* by William C. DeMille—two males, one female. This is a satire on the high cost of living. *It Behooves Us*, a comedy of Hooverization—two males, two females. *The Flower of Yeddo*, a Japanese play easily given by one male, five females, or could be acted by a cast of all girls. *The Burglar* by Margaret Cameron is a highly amusing play for five girls. *The Kleptomaniac* is a splendid farce by Margaret Cameron for seven girls.

In France and England an immensely popular way of entertaining men and girls has been found in what is called a musical story. Such a story was given in THE PLAYGROUND for December.

## COMRADES IN PLAY

### Exhibit D

#### List of Drama in Which Young Men and Young Women Can Participate

##### *One-Act Plays with Small Cast*

*Food* by William C. DeMille. Farce about the high cost of living. Two men, one woman. Interior scene. Easy to give. Plays 20 minutes. Can be had from Samuel French, 28 West 38th Street, New York City. Price 25c.

*The Maker of Dreams*, by Oliphant Down. Two men, one woman. Fanciful play with simple interior setting. Play concern Harlequin, Columbine, and a stranger. It has been widely acted. Can be had from Samuel French, 28 West 38th Street, New York City. Price 35c.

*Miss Civilization*, by Richard Harding Davis. Four men, one woman. Simple interior setting. Exciting "crook" play, full of adventure, and interesting. Has been very widely used. Published by Samuel French, 28 West 38th Street, New York City. Price 25c.

*Pot O' Broth*, by William Butler Yates. Two men, one woman. Simple interior scene. Delightfully amusing Irish comedy. Can be found in most public libraries; or order from Samuel French, 28 West 38th Street, New York City. Price \$1.35. The volume contains other plays.

*The Workhouse Ward*, by Lady Gregory is a comedy. Two men, one woman. Scene is a workhouse ward in Ireland, and very easy to arrange. This play can be found in public libraries in a volume entitled *Seven Short Plays* by Lady Gregory, or it can be ordered from Samuel French, 28 West 38th Street, New York City for \$1.75.

*The Traveling Man*, by Lady Gregory. One man, one woman, one child. The child can be played by a small-sized young woman. Simple interior scene. Easy to arrange. It is a very beautiful and mystical play on the theme similar to *The Servant in the House*. It is written in poetic prose.

*In Far Bohemia*, by Evelyn Greenleaf Sutherland from *Poor White Trash and Other One Act Plays*. One man, two women. Simple interior scene. Whimsical, charming little love story of two struggling artists, and a droll "character" landlady. Very easy to give and well worth giving. Can be had from Samuel French, 28



## COMRADES IN PLAY

West 38th Street, New York City at \$1.25. The volume contains other interesting plays.

*'Op-O'me-Thumb*, by Frederick Fenn and Richard Pryce. A cockney serio-comedy, with both cockney and broken French dialect. One man, five women. The scene is a laundry. The play requires somewhat experienced acting. It was first produced at the Court Theatre, London. Published by Samuel French, 28 West 38th St., New York City at 25c.

*The Courtship of Miles Standish*, by Eugene V. Presbrey. Two men, two women. Pilgrim interior scene and costumes. This play is founded on Longfellow's poem by a well known dramatist, and will be serviceable for the approaching Pilgrim Tercentenary. Published by Samuel French, 28 West 38th Street at 25c.

*Why the Chimes Rang*, by Elizabeth McFadden. Four men, three women. Speaking parts. The parts of two children may be taken by small sized young women. Several men, women, and children; could be done by a cast of 20 in all. A medieval Christmas play in two scenes. It requires two interior settings—one, a peasant's home, the other, a cathedral which is suggested by means of a stained glass window and an altar. It tells the story of how a humble-hearted gift out-weighed all the rich gifts at Christmas time. Published by Samuel French, 28 West 38th Street at 25c.

### Long Plays

*Secret Service*, by William Gillette. A play in four acts. Fourteen men, five women. Interior scene. Thrilling war drama of the time of 1860. For royalty apply to Samuel French, 28 West 38th Street, New York City.

*Between Two Lives* by Charles Burkett. A "farm" and "city" play in three acts. Eight men and six women. Simple interior scenes. Easy to give. Has already been acted by country audiences 500 times or more. It tells of actual problems as they exist on the farm today. Published by Orange Judd Company, 315 Fourth Avenue, New York City. Price 50c.

*Birds' Christmas Carol*, by Kate Douglas Wiggin. A play in three acts and prologue. Two men, five women, five children. Tells in dramatic form the well loved and world famous Christmas story, introducing several new characters. Published by Houghton Mifflin Company, Boston, Mass. Price \$1.00.

*A Scrap of Paper*, by J. Palgrave Simpson. Comedy in three

## COMRADES IN PLAY

acts. Interior scenes. Six men, six women. Very well-known play. A trifle sophisticated. Requires knowledge of drawing room manners. Rapid action and amusing situations. Play concerns famous "scrap of paper" that is always being lost or that turns up in the wrong place at the wrong moment. Published by Samuel French, 28 West 38th Street, price 25c.

*The Adventures of Lady Ursula*, by Anthony Hope. Four acts. Twelve men, three women. Interior scenes. Colonial costume. Clever comedy. Sparkling lines. Concerns the adventures of Lady Ursula Barrington after she had donned a man's disguise and finds herself challenged to a duel. Published by Samuel French, 28 West 38th Street, price 50c.

*Isaiah*, by Eleanor Wood Whitman. Biblical play in several scenes which can be played against a background of curtains, with simple properties. Five women, twenty men. Other supernumeraries. The important parts are for four men and five women. Poetic Biblical language used throughout. Biblical costumes of simple material, but rich color can be used, copied from Sargent's *Prophets* or from Tissot's *Life of Christ*. Has been produced with great success by the Community Players of Boston and also in several other places. Excellent for church groups. Published by The Pilgrim Press, 14 Beacon Street, Boston, Mass. Price 75c.

*The Piper*, by Josephine Preston Peabody. A play in four acts which can be acted out-of-doors or indoors. Fourteen men, six women, five children. Other men, women and children as supernumeraries. Tells a poetic version of the Pied Piper in which the children return to Hamelin Town after having been lured away by the Piper. Medieval costumes and scene setting. Stratford-on-Avon Prize Play. Possible for stage of any size. Has been given at Hull House, Chicago, as well as in theaters. Published by Houghton Mifflin, Boston, Mass. at \$1.20.

*Nathan Hale*, by Clyde Fitch a play in four acts. Fifteen men, four women, colonial costumes. Stirring play combining both comedy and tragedy. Published by W. H. Baker Co., 5 Hamilton Place, Boston, Mass. Price 50c.

*Feast of the Little Lanterns*, a Chinese operetta with four principals, and a chorus of fifteen to thirty-five people. Chinese costumes. Simple Chinese setting can be made of screens or the operetta can be given out-of-doors. Men and women can be used in each interchangeably. Very easy to arrange. Has been popular with co-educational colleges. Has both color and tunefulness. Published

## COMRADES IN PLAY

by Willis Music Company, Cincinnati, Ohio. Music 75c. Text and stage managers' copy, 50c.

### *Pageants and Masques*

*The Bird Masque*, by Percy MacKaye. Six men, two women, one child. Outdoor masque. Poetic plea for bird sanctuaries that has been widely acted. Very easy to stage. Published by Frederick Stokes Company, New York City. Price \$1.00.

*The New Era Pageant*, written by the Outdoor Players of Peterboro, N. H. Indoor setting with background of curtains. Fourteen men, thirty-four women. Up to 50 or 100 participants. Symbolic pageant showing how patriotism is needed in this new era and how the happiness of nations can be obtained. The pageant contains dialogue, pantomime, dances and choruses. Simple costumes. Easy to give. Plays one and one-fourth hours. Can be had free upon application to Community Service, 1 Madison Avenue, New York.

*America, Yesterday and Today*, by Nina B. Lamkin. Historical pageant of American scenes. Two hundred to five hundred participants. Outdoor pageant, but can be given on floor of armory or large hall. Pictures of costumes included in volume. Pageant has dialogues, dances and choruses. Published by T. S. Dennison Company, Chicago, Ill. Price 50c.

*The Passing of Hiawatha*, a pageant play from *Plays of the Pioneers* by C. D. Mackay. Ten or more men, six women. Other men and women to the number of fifty. Indian dances and ceremonies, etc. It can practically be made to fit any size cast between twenty-five and fifty, to be given out-of-doors. Indian and symbolic dances. Indian and symbolic costumes. Published by Harper Brothers, New York City. Price \$1.00. Full illustrations published with text.

*The Shining Goddess*, by Clara E. Sackett. A pageant which can be given indoors or out-of-doors. Twenty-eight speaking parts. Nine men and the rest women. There should be at least 22 women for dances. Pageant contains dialogue, songs and dances and has a full description of costumes. It shows that through Service, Enlightenment and Health, the American girl comes to find the spirit of joy, shows the advantages of Exercise, Health and Fresh Air. Plays one hour. Easy and inexpensive to produce. Used by Industrial Groups with much success, also used as a health pageant. Excellent

## MAKE THE MOST OF THE WINTER

for these or other social centers. Can be obtained from Department of Drama and Pageantry, National Headquarters, Young Women's Christian Association, 600 Lexington Avenue, New York City. Price \$2.00 This includes text and payment of royalty.

*Note:* The plays mentioned can be ordered through Walter H. Baker, 5 Hamilton Place, Boston, Mass., or through Samuel French, 28 West 38th Street, New York City, or through the Drama League Bookshop, 7 East 42nd Street, New York City.

## Make the Most of the Winter

During the winter season recreational activities in our American communities tend to be far too much limited to indoor life. Climatic conditions are largely responsible for this, but it has been suggested by a number of people that the municipal recreation groups have been slow to seize the opportunities which present themselves even for a limited period of time.

### **Arousing Interest in Winter Sports**

Very often the failure lies in the lack of interest on the part of the people of a community in winter sports. If they can once be aroused to the joys of outdoor life in the winter; of skiing, tobogganing, and other sports, every facility and resource which ingenuity could provide will be utilized to the limit.

Communities wishing to create an interest in winter sports may find moving pictures of these activities good publicity material. The United Projector Film Co., 69-71 W. Mohawk Street, Buffalo, New York, has films called, *Winter Sports in Sweden*, and *Ice Carnival at Saranac Lake*. The films may be obtained at the rate of 90 cents for one reel, \$2.40 for three reels, \$3.60 for five reels, for one night only. For each additional night there is a charge of 50 cents for one reel, \$1.20 for three reels and \$1.50 for five reels. To these rates a 5 per cent war tax based on the rental cost and the transportation charges both ways should be added.

### **Providing the Place**

Many cities not favored with natural resources find it necessary to arrange places where skating and similar sports may be carried on. The need is being met by the construction of skating rinks, the flooding or sprinkling of playgrounds, vacant lots or park spaces, and the

## MAKE THE MOST OF THE WINTER

erection of slides and toboggans. Often streets are set aside for coasting. In many cities of this country at the present time are reservoirs centrally located which were built years ago on what was then the outskirts of the city. Most of these sites will sooner or later be abandoned as reservoirs for the reason that outside areas serve equally well and danger of pollution is greatly lessened. Reading, Pennsylvania, covered such a reservoir with a concrete roof supported by concrete pillars with a surface constructed in such a way that it can be used for roller skating in summer and ice skating in winter. This makes an excellent rink of such size that many skaters can enjoy it at one time; there is also plenty of space for ice carnivals.

### **Contests for the Children**

There are many ways of making winter sports more popular without special equipment and with very little expense. Inter-school and inter-playground contests and tournaments will always interest the children. Skating contests can easily be arranged including single, double, and mixed double races for both speed and form. Fancy skating and games such as hockey can also be included. Snowman contests between playgrounds can be held judging the snowmen according to the height, appearance, proper proportions, originality of design and difficulties overcome, such as the accumulation of snow. Snowball fights are entered into with great enthusiasm by both boys and girls. These battles will make a splendid game if certain fixed rules are followed. Those playing should be divided into sides with a captain for each side who really directs the procedure. There should be rules regulating the kind and number of snowballs and the size of the forts, and the whole battle should be carried out as far as possible along the lines of real warfare. A coasting race is an event that can well be introduced into these school meets in which single and double sleds, flexible flyers, pointers, and bobs are used.

### **Games and Sports for Adults**

*Curling.* Adults as well as children enjoy cold weather sports and games. Curling is a very popular game among men and a curling tournament arouses great interest and enthusiasm among the local players. Often players come from long distances to enter the contests.

*Ice-Schuffleboard* is an excellent sport, something like curling, but having some advantages over that game. It requires neither expensive equipment nor the strength necessary to wield heavy weights and may be played by women as well as men. Further, it is a very simple game to play. On a smooth piece of ice five circles



## MAKE THE MOST OF THE WINTER

are marked out, having a common center, the innermost circle having a radius of 6 inches, and each outer one a radius of 6 inches larger than that of the circle next nearest the center. The spaces between the lines are numbered from one to five, the highest number being at the center. From a line twenty-five feet away round disks are propelled by long cues toward this target. The cues are similar to those used in pool, but pointed sticks may be used for the purpose. Disks may be easily purchased or made of wood. The object of the game is for each side to shoot its disks as near the center of the circles as possible and to knock its opponents disks away. The game is generally played with four people, two on each side, and there are twelve disks, giving each player three shots. When all the disks have been played, each side is credited with the number of points indicated by the spaces in which the disks lie. Additional rules in scoring may be adopted; for example, one of the spaces between circles may be marked five off. This will add interest, for each side must try to avoid that space and force its opponents into it.

*Skate Sailing, Ice Yatching and Ice Motoring.* These sports are most exciting and help to satisfy the popular demand for speed, but can be enjoyed only where there is a big body of water to freeze, such as a river, bay or lake. There is this advantage in this type of sport that while the equipment is very expensive to buy, the most successful boat or sail is very often made by amateurs, and because of this fact more people are able to indulge in these sports.

Skate sailing is the least expensive of the three and one need not be an exceptionally expert skater to enjoy it. The sail is made of duck or unbleached sheeting with a bamboo frame and varies in size and shape according to the locality in which it is used. It may be made for use of one person only or for several, and is controlled by means of ropes attached to the sail and the frame on the same principle as a sail boat. It is much less dangerous to carry your sail than to have it fastened to your person and is much easier to come about.

**Winter Festivals and Carnivals** Winter festivals and carnivals give an opportunity for an attractive display of lights and colors and also for athletic feats. Rochester's successful ice carnivals offer suggestions for other cities wishing to inaugurate them. Races are among the principal events, the mixed double race making a very interesting and graceful spectacle. The



## MAKE THE MOST OF THE WINTER

costume parade is very beautiful especially if the lighting is well worked out by means of bon-fires and colored lights along the shore. The ice tower made of solid blocked ice outlined in colored incandescent lights is probably the most effective feature.

In January, 1916, in St. Paul, a revival of the old mid-winter festival of the north was given under the auspices of the St. Paul Outdoor Sports Carnival Association. It continued through eight days and every day was full to the brim with a most entertaining program. It was the occasion of the National Ski Tournament which brought enthusiastic crowds. Another event was a parade in which a thousand or more participants in carnival costume marched through the city. Pageants brilliantly illuminated were presented. There were hockey matches and tobogganing and many other outdoor sports of the north.

Formerly Grand Rapids, Michigan, closed Michigan Street hill, one of the main thoroughfares, to all traffic on New Year's Day, and turned this big toboggan slide over to the coasters. This sport was indulged in by young and old and became so popular that it gradually resolved itself into a New Year festival, and was looked forward to with keen anticipation not only by the youngsters but by the adults of the city.

A revival of the Canadian Ice Carnival might well be undertaken by some of our northern cities. The first one held in Montreal is suggestive for a similar celebration. The Ice palace which proved an immense attraction for visitors was constructed entirely of solid blocks of ice taken from the St. Lawrence River. It was 90 feet square with a rectangular tower at each corner, and from the center rose a great tower 80 feet high. It was an imposing and remarkable spectacle, and when brilliantly illuminated inside and out, the effect was like a palace in fairyland. The carnival was opened with the storming of the palace by a host of snowshoers in brilliantly colored costumes who dashed through the streets and attacked the palace battlements with Roman candles, sky rockets, and varicolored fire. The program of the rest of the carnival was devoted to parades, skating and athletic events.

### **Community Sleigh Rides**

Another suggestion which will be particularly applicable for our northern cities, lies in a community sleighride for the children, which for a number of years has been a feature in Bennington, Vermont. The use of practically every team in the village is donated through the

## MAKE THE MOST OF THE WINTER

merchants of the town; each child given a bag of candy and the town band leads the procession.

A community sleigh ride need not, of course, be limited to children. A sleigh ride for adults might have many social features attached to it which would add greatly to the enjoyment of the occasion. The ride might end in a party in a private house or club where it would be possible to have games, dances and refreshments, with perhaps storytelling before an open fire.

**Skiing** The places where it is possible to have skiing are of course, limited, but an interesting suggestion comes from the Denver Rocky Mountain Ski Association, which has recently been organized in Denver, Colorado, where a municipal slide is being erected entirely of snow. An ice carnival was held here the first of the year including races of all kinds, fancy and figure skating, dances and other novel events. A Mardi Gras on ice was the program for the evening. Hundreds of skaters in fancy costumes, each carrying a Japanese lantern marched around to the music of the band furnished by the city. Prizes were awarded for the best costumes worn by the skaters. Singers clad in white, sang carols from opposite shores of the lake, and proceeded to the band stand singing as they marched.

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*Vacant Lots Converted into Skating Rinks*, Playground and Recreation Association of America pamphlet, No. 109. \$.05  
*Winter Organization of Playgrounds*, Arthur Leland. Playground and Recreation Association of America pamphlet No. 26. \$.05  
*Articles from THE PLAYGROUND*  
Vol. II No. 23 p. 16 *Free Rinks and Slides (Need of)*  
Vol. IV p. 304-5 *Reading, Pennsylvania, Skating Rink on Old Reservoir.*  
Vol. IX p. 206 *The World at Play—Winter Sports*  
Vol X p. 31 *Skating Tests.* J. R. Batchelor  
*Extract from American City*  
Vol. XV November 1916. *Winter Sports in Brooklyn*, Raymond V. Ingersol.

## Special "Days" For the Playground

The Playground Book published jointly by the Board of Education and the Board of Park Commissioners of Cincinnati, Ohio, which contains valuable suggestions for playground games, athletics and other activities, with rules for the use of apparatus and instruction to playground directors, gives some interesting suggestions for the celebration of special days.

As the author points out, provision should be made in the playground program for expression of all the play interest of children, the nurturing instinct, manifested in the love for pets and dolls, the constructive interest—manifested in the making of kites, stilts—the love of nature, flowers and birds. The following programs for special days are suggestive. One such day a week would aid in vitalizing and popularizing the playground.

### Kite Day

Kites to be made in occupation work period.

Events—Flying for height.

Flying for time.

Awards for best made, the largest, the most unique.

### Pet Day

Parade of all entries with their owners.

Exhibition of tricks.

Awards for smallest, largest, best kept.

### Doll Day

Parade with owners.

Games with dolls and dramatic play.

Awards for best-kept, the neatest. (An excellent opportunity for setting standards of cleanliness and teaching health habits)

### Boat Day

In wading pool.

Boat races—speed and distance.

Exhibition of boats made by children.

Awards for best made, largest.

### Parents' Day

An exhibition of playground activities, games, dances.

Aim to have mothers take part by joining in a game.

### Zoo Day

Take children to Zoo or park for an all-day picnic.

## Playing to Correct High Blood Pressure\*

Too high blood pressure is one of the commonest ills of this, our modern life. It is usually believed, even among physicians, that this is caused by kidney trouble or by hardening of the arteries; but the Journal of the American Medical Association throws doubt upon this and suggests that it is more probably a sort of compensatory process in an attempt to bring greater efficiency to an impaired circulation.

It quotes Dr. E. Moschcowitz's description of the types of person in whom this high blood pressure is likely to occur:

"The patients are overweight and sometimes even obese. The neck is short, the muscles are soft, their bodily movements are sluggish, their carriage and walk are ungraceful and they lack the spring and *elan* of the former athlete. Physically these people are tense; they pursue their vocation with tremendous seriousness and worry over trivialities. Phlegm and hypertension are, in my experience, antagonistic. Furthermore, these individuals have narrow intellectual horizons. Their interests in anything outside of their business is desultory. They have no hobbies."

The prototype of the candidate for hypertension whom Moschcowitz has thus cleverly portrayed shows his most conspicuous mental incapacity in an inability to play, comments the Journal of the American Medical Association. We must regard him, according to Moschcowitz, as the antithesis of the child, both in mind and spirit. If the psychic, as well as the physical, takes a part in the development of hypertension, we may well advocate, vigorously and often, a larger element of play in the routine of those who conform to the type. If age is not merely a matter of years, we must keep alive that spirit of childhood which is not "blighted by the premature struggle for existence or the gloom of a depressing environment." In anticipation of the danger of hypertension we must put back play into the lives of those who know only adult work; for in a well balanced life the spirit of the child, with its humor, imagination, its enthusiasm for sport and love of vacations furnishes that which "neutralizes the corroding acid of the 'fret and fever' in our lives."

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\* Courtesy of *New York World*

## Physical Education Requirements for Preparatory Schools and Colleges

Twenty-six colleges were represented at the twenty-third annual session of the Society of Directors of Physical Education held recently in New York. The delegates showed their consciousness of the lessons learned through the mobilizing of the American Army, and faced squarely the problem of working out a system which would adequately eliminate "physical illiteracy."

"First, we need a new and convincing statement of the aims and scope of physical education," said Dr. Fauver, president of the Society. "We must advertise the fact that physical education is not only for the temporary training of health habits and physical power but a training that will be a vital factor in the whole life of an individual, the development of will power, moral courage, cooperation, obedience, and capacity of concentration." Dr. Fauver suggested that this could be brought about through a physical education course beginning very early in the school days of the child and continuing through all of his school and college life.

It was voted to have a committee consider and report on the question of requiring physical education and hygiene for admission to college. Dr. Fauver showed how such an entrance requirement would change the mental attitude of the student and instructors toward the work. It would send into colleges and universities a better trained group of men and women who in turn would be an asset for educational work all along the line. It would mean also that a very large number of boys and girls who do not ever go to higher institutions would have laid the basis for more vigorous and effective living.

The way in which this requirement could best be applied was discussed by T. N. Metcalf, former Columbia football coach. He pleaded for special tests as opposed to mere personal judgment, and referred to the necessity of the strength tests in use at Harvard and other institutions. There should be maximum and minimum tests for schools and colleges. To avoid unfairness for those who might be physically handicapped by nature the standards should be set at three levels: applying to those already athletic by nature or training, those of sound body but

## *THE UNITY CLUB PROVIDES OPPORTUNITY*

little development and those of actually inadequate physique or health.

The report of the special committee on universal physical education which showed that there are now fourteen states with operative compulsory physical education laws, gave a great deal of credit to the National Physical Education Service founded by the Playground and Recreation Association of America. The committee gave evidence that they had continued to push legislative bills; and made persistent effort to influence State Boards of Education to make a ruling that no license to teach be given to any person who had not covered a satisfactory course in physical education.

"Our post-war reconstruction has only begun," the committee reported. "This great association made up of 160 of the most powerful educational institutions in America must now more than ever stand for the development and training of those physical and mental qualities that make for safe and vigorous citizenship. Illiteracy is no longer a local liability. Physical defect, health deficiency and character defect, are flaws in the national vigor. We have learned that character, loyalty, vigor and health, the ideals of this association, are national assets essential to the permanency of our American institutions."

## **The Unity Club Provides Opportunities**

The Unity Club in Fulton—the southeastern section of Richmond—has a community building which is really definitely meeting community needs.

"Our Community House is a bee-hive of activity every evening. The mothers have a room where they may read or listen to a victrola; there is also a room where they may leave their younger children and sleeping babies; we have found that the smaller children like to play games there sitting on the floor. We have five other rooms which accommodate about ten tables each and all these tables are occupied by boys and girls playing casino, dominos, checkers, and other games. Two rooms are left vacant and here the boys and men have boxing matches and can be as noisy as they like. Indoor tennis, volley ball and similar games may be played in the gymnasium, and the dance hall is always



## BOOK REVIEWS

filled with an audience of admiring fathers and mothers. In the basement roller skating has full swing and here the boys play Indian or other games which are accompanied by a good deal of noise. The basement also has showers for both boys and girls and before another week elapses, we expect to make moving picture shows a part of our weekly program."

The building thus pictured contains a dance hall, a gymnasium, two rooms for games, two parlors, a sewing room, a domestic science room, toilets and shower baths for both sexes, and facilities for roller skating, and an office. A considerable amount of outdoor space will afford additional opportunity for athletics and recreation.

The very active interest of all community groups is making it possible to provide for the hundreds of people who come to the center each day. Many volunteers are serving as chaperons and club leaders; the Board of Education has offered the services of two workers for a night a week; the Public Recreation Department has provided leaders; and the Board of Health stands ready to supply lecturers on hygiene, the care of infants, and similar subjects.

The audiences, open houses, and the athletic and social programs given at the center are drawing people from all parts of the district who are finding their first opportunity for the development of the neighborhood social life.

## Book Reviews

### THE FARMER AND THE NEW DAY

By Kenyon L. Butterfield. Published by the Macmillan Company, New York. Price, \$2.00

No part of the American people bore a greater load in the world war, nor bore it more loyally and unflinchingly than the American farm people and out of this service grew a new recognition of the importance of farms and farmers among millions of heedless people and a new respect for his work on the part of the farmer. Now that the New Day is coming is the farmer to have his place, is the splendid new interpretation of democracy to be safe for the American farmer? President Butterfield is concerned with such a problem in this volume, so full of vital truths that it needs to be studied not merely perused. The author sees the actual participation of the farmer in the New Day through a network of community organization. "In some respects the most important single improvement in rural affairs is to develop real communities of farming folk. The community idea is simply that of a group of farmers and the people closely allied with

## BOOK REVIEWS

them acting together as one man. The members of this local group can plan as a unit in production of crops, agreeing on kinds and amounts. They can buy together and sell together. They can act together in school and church affairs and in matters of public health. A community may have its own ideas and ideals, its own church, school, farmers' exchange, library, in fine all organized activities that seem necessary or desirable. The local community is almost essential in a real rural democracy and indeed is the unit of democracy."

"America was unprepared for war. She is unprepared for peace. She carried the war to a glorious end. She will be equal to the demands of peace \* \* \* The urge of the New Day in agriculture is a definite policy, and adequate program, and the larger cooperation. Europe cannot be rehabilitated unless its agriculture is rebuilt. Are the American farmers ready to help in this rebuilding? The New Day will be merely a dream unless the farmer as well as the laborer comes to his own. Education and organization now and evermore are the only doors through which the farmer can pass to his rightful place."

### HEALTH BY STUNTS

By Captain N. H. Pearl assisted by Captain H. E. Brown. Published by the Macmillan Company, New York. Price, \$1.30

A serious and amazing condition discovered before the war by the authors of this book took on an even more serious aspect as a result of the discoveries of physical deficiency through the selective draft. In 1914 Captain Pearl, then Assistant Supervisor of Physical Education of the Detroit Public Schools, began an investigation which indicated that the old time "stunts" upon which boys depended for a large share of their amusement were practically unknown. A plan was devised to provide a yearly calendar of Athletic Events, Stunts, Contests and Games, heading up in certain inter-school or city-wide contests. This book is the record of the facts discovered by investigation (which would differ little in any other city) and the plan used in Detroit.

### ATHLETES ALL

By Walter Camp. Published by Charles Scribner's Sons, New York. Price, \$1.50

Much has been said of the lessons of the war with regard to physical development in this Nation of ours, and of future procedure with that tragic thirty percent of "physically unfit" rejections. Mr. Camp out of the wealth of his lifelong experience is eminently fitted to interpret the lessons of the war and map out a plan whereby the number of physically unfit may be reduced. This he has done in this volume. The moral basis of athletics, organization and management are discussed as well as actual games and the famous "daily dozen."

### CHILD WELFARE HANDBOOK

Published by the National Child Welfare Association, 70 Fifth Avenue. Price, fifty cents

This book contains information regarding the purpose and scope of the National Child Welfare Association. Reproductions of the Association's panels for exhibit purposes and a questionnaire for discovering childhood conditions in a community add to the interest and value of the little book.

### THE WILL OF SONG

By Percy MacKaye and Harry Barnhart. Published by Boni and Liveright, New York, 1919

This "Dramatic Service of Community Singing for Use as a Two

## INDEX TO VOLUME XIII

Days' Song Festival," was "devised" in answer to the need of the Community Choruses of The Oranges, New Jersey, and Buffalo, New York, for climatic expression. Two very interesting letters which passed between the authors regarding the implications of the development of a new art-form occupy the preface.

"The question now is no longer whether our masses shall become vocal in song, but whether our mass singing itself shall become choral with deeper harmonies of the spirit, and so move onward to the attainment of organic freedom through nobler structures of art."

## Index to Volume XIII

### ADMINISTRATION

Applying the Test to Detroit's Recreation System.....	392
Bond Issues and Donated Playground.....	390
Cooperative Education Association, A.....	273
Course for Playground Directors .....	75
Message to Parents, A.....	441
Municipal Recreation System, The .....	300
Pittsburgh Chamber of Commerce Takes Stand for Public Recreation	486
Playground Discipline, <i>Priscilla Butler</i> .....	34
Practical Aids in Conducting a Neighborhood Recreation Center....	269
Recreation Budgets .....	389
Teaching Folks How to Play .....	36

### ACTIVITIES

Activities for Girls .....	228
Activities for Little Children.....	252
Camp Roosevelt .....	319
Community Wood Chopping Day in Old Lyme, Conn., A.....	317
Comrades in Play, <i>Abbie Condit</i> .....	463, 522, 586
Federating Industrial Athletics .....	584
Hartford's Municipal Golf Links, <i>S. Wales Dixon</i> .....	277
Houston's Play Week for Young and Old.....	314
How They Celebrated .....	480
Make the Most of the Winter .....	600
Patriotic Play Week at New Orleans .....	19
Play for the Mexican Population in Topeka, Kansas.....	26
Playground Work in the Southwest, <i>Nellie Ballou</i> .....	427
Recreation in Sacramento .....	315
Recreation in Scranton .....	22
Roosevelt Day Celebrations .....	318
Small Town Band and Orchestra, A, <i>Constance D'Arcy Mackay</i> ....	30
Social Club for Strangers, A.....	387
Special "Days" for the Playground .....	605
Summer Camps .....	320
Summer "Stunts," <i>C. F. Weller</i> .....	243
Swimming Pools at Low Cost .....	281
War-Time Need—A Peace-Time Boon, A.....	279
Welcoming Them Back.....	298
	611

## INDEX TO VOLUME XIII

### BOOK REVIEWS

American Girl and Her Community, The, <i>Margaret Slattery</i> .....	78
Athletes All, <i>Walter Camp</i> .....	611
Bible Stories for Children, <i>Mae Stein Soble</i> .....	446
Billy, the Boy Naturalist, <i>William Alphonse Morrill</i> .....	218
Boy Behavior, <i>W. H. Boyle</i> .....	494
Child Welfare Handbook .....	611
Community Center, A—What It Is and How to Organize It, <i>Henry E. Jackson</i> .....	332
Community Recreation, <i>George O. Draper</i> .....	332
Creative Impulse in Industry, The <i>Helen Marot</i> .....	282
Dramatic Dances for Small Children, <i>Mary Severance Shafter</i> .....	398
Farmer and the New Day, The, <i>Kenyon L. Butterfield</i> .....	610
Gary Public Schools, The Physical Training and Play in, <i>Lee F. Hanmer</i>	334
Girls' Clubs. Their Organization and Management, <i>Helen J. Ferris</i>	330
Health Education in Rural Schools, <i>J. Mace Andrews, Ph. D.</i> .....	333
Health by Stunts, <i>Pearl and Brown</i> .....	610
Hospital and Bedside Games, <i>Neva L. Boyd</i> .....	494
High Calling, The, <i>Edwin M. Hoffman</i> .....	494
Living Together as Boys, <i>W. R. Boorman</i> .....	494
Manual in Physical Education for the Public School of the State of California, <i>Clark W. Hetherington</i> .....	331
Mobilizing the Rural Community, <i>E. L. Morgan</i> .....	218
New State, The, Group Organization the Solution of Popular Government, <i>M. P. Follett</i> .....	334
Our Community, <i>Samuel H. Ziegler and Helen Jaquette</i> .....	333
Our Neighborhood, <i>John F. Smith</i> .....	397
Patriotic Drama in Your Town, <i>Constance D'Arcy Mackay</i> .....	334
Personal Hygiene and Home Nursing, <i>Louise C. Lippitt, R. N.</i> .....	332
Pool, Billiards and Bowling Alleys as a Phase of Commercialized Amusement in Toledo, Ohio, <i>Rev. John J. Phelan, M. A.</i> .....	333
Recreation for Teachers, <i>Henry S. Curtis</i> .....	78
Rural Problems of Today, <i>Ernest R. Groves</i> .....	333
Schoolroom Games, <i>Neva L. Boyd</i> .....	333
Social Games and Group Dances, <i>J. C. Elsom and Blanche M. Trilling</i>	446
Syllabus on Hygiene, <i>Thomas A. Story</i> .....	331
Three Plays for Boys, <i>Frederic L. Fay and M. A. Emerson, Ph. D.</i>	494
Use Your Government, <i>Alissa Frane</i> .....	79
Usona, A Palace of Freedom, <i>Sharlot Hall and William Patton</i> .....	398
Value of Play, The, <i>R. S. Chadwick</i> .....	330
Village, The, <i>Ernest Poole</i> .....	367
Vocational Recreation in Indiana, <i>L. H. Weir</i> .....	37
Will of Song, The, <i>Mackaye and Barnhart</i> .....	611

### COMMUNITY BUILDINGS

Boston's Town Room.....	386
Community Building as a War Memorial, The.....	394
Community Center Movement in Los Angeles, The.....	21
Elgin Community House, The.....	438
Lebanon's Community House.....	317
Library Which Meets Community Needs, A.....	27
Memorial Community Houses.....	45
Memorials for Soldiers.....	210
Progress in the Memorial Building Movement, <i>Jessie Henderson</i> ....	483
Progress in the Memorial Building Movement, <i>Martha Candler</i> .....	293

### COMMUNITY SERVICE

Assimilation, <i>Joseph Lee</i> .....	478
612	

## INDEX TO VOLUME XIII

Best Thing That Ever Came to Chester, The, <i>Florence Samuels</i> .....	127
Community Center and the High Cost of Living .....	580
Community, Home of Lost Talents, The, <i>Joseph Lee</i> .....	171
Community Service as a Builder of Morale for the Institutions of Civil Life, <i>L. A. Halbert</i> .....	190
Experiment in Community Service, An.....	327
Resolutions Adopted by the American Legion.....	488
Roots, <i>Joseph Lee</i> .....	384
Rhythm and Recreation vs. Rum, <i>Joseph Lee</i> .....	326
Unity Club Provides Opportunity .....	609

### DRAMATIC ACTIVITIES

League of Nations, A.....	143
May Day Fete .....	390
Outdoor Industrial Theatres, <i>Constance D'Arcy Mackay</i> .....	433
Suggestions for County Plays and Pageants, <i>Constance D'Arcy Mackay</i>	377
Suggestions for a Simple Industrial Ceremonial, <i>Constance D'Arcy Mackay</i> .....	70

### COMMUNITY SINGING

From Reports of Community Singing Leaders.....	67
Summer Sings .....	69
They Sing, <i>J. Edward Bouvier</i> .....	582

### NEED AND SIGNIFICANCE OF PLAY

Adult Recreation.....	414
Certain Minimum Requirements for Children's Play, <i>Joseph Lee</i> .....	202
Community Help for Boys and Girls, <i>O. F. Lewis</i> .....	564
Irreducible Minimum Provisions for the Leisure Hours of Children....	205
Juvenile Delinquency Decreased by Supervised Recreation .....	571
Making Them Smile .....	431
Playing to Correct High Blood Pressure .....	606
Providing a Substitute for the Saloon.....	75
Recreation for Adults in Rural Communities.....	424
Soldiers' Field, The, <i>Henry Lee Higginson</i> .....	456
Substitutes for the Saloon, <i>Rev. Raymond Calkins, D. D.</i> .....	176

### PHYSICAL EDUCATION

American Posture League, The.....	217
Athletic School in the American Expeditionary Forces, An.....	266
Child Welfare Standards.....	329
Lessons from France.....	442
National Physical Education Service.....	213
Physical Education in France.....	444
Physical Education Requirements in Preparatory Schools and Colleges	607
Physical Fitness Tests from Lebanon, Ohio.....	77

### PICTORIAL ISSUES

War Camp Community Service.....	83
---------------------------------	----

## INDEX TO VOLUME XIII

### RECREATION DEVELOPMENTS

Community Play in Oakland, California .....	573
Dry Saloon, The.....	322
Echoes from the Year Book.....	311
Forward Steps in Indianapolis.....	21
Has Interest in Playgrounds Decreased because of the War?.....	18
Model Playground as a Roosevelt Memorial, A.....	396
Los Angeles Centers Developing .....	577
Progress in Municipal Recreation.....	477
Progress in South Bend, Indiana.....	439
Recreation Facts, <i>Abbie Condit</i> .....	307
Recreation as part of the City Plans for Halifax, Nova Scotia, Canada, <i>Arthur Leland</i> .....	490
Stockton Commission at Work, (See) .....	575
Team Play in Augusta, Georgia .....	579
War Activities as They Have affected Housing, Health and Recreation <i>Eva Whiting White</i> .....	200
Work of the Indianapolis' Recreation Department.....	493
World at Play, The .....3, 43, 163, 223, 287, 339, 403, 451, 491,	559

### RECREATION IN FOREIGN COUNTRIES

Christmas in Devastated France.....	396
Czech Children at Play, <i>Anne Smith</i> .....	364
Chance to Play in France, A., <i>Emma K. Pierce</i> .....	352
Play and Athletics in the Orient.....	29
Play for the Children of France.....	74
Play in Siberia.....	357
Play and Recreation in China, <i>C. H. McCloy</i> .....	358
Playground Built in a Day.....	321
Remaking of Village Life, The (Denmark) <i>Edith Sellers</i> .....	372

### VERSE

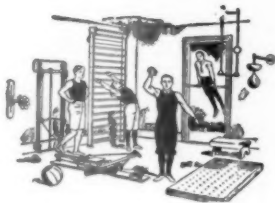
Gift of Play, The <i>Edgar A. Guest</i> .....	476
The Man on our Street .....	401
Written in a Guest Book, On Leave, <i>Edward D. Andrews</i> .....	299

### WAR CAMP COMMUNITY SERVICE

Corpus Christi—Before and After .....	257
Demobilizing of the Service Flag, The.....	53
Democracy and the Colored Soldier.....	259
Happenings in the Field.....	12
Honoring their Dead.....	254
Message to War Camp Community Service Workers, <i>H. S. Braucher</i> .....	65
My Camp-Town Comrades, <i>Al Priddy</i> , I. The Wounded Juggler....	121
II. The Guards of the Gift Tent.....	346
III. Commander-in-Chief of the Pigeon Coop.....	410
"On Their Way" in San Francisco.....	58
Pictorial Issue.....	83
"Special Soldiers' and Sailors' Edition," <i>David R. Williams</i> .....	296
War Camp Community Service Clubs—Have They Met the Test....	51
War Camp Community Service Policy during Demobilization, <i>Frank A. Fetter, Ph.D.</i> .....	66
War Camp Community Service Work for Foreign-born and Foreign Soldiers .....	62



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